

## Alcohol Care team

# Alcohol relapse prevention

**It's okay if you relapse, don't feel guilty.** This will only hold you back. Even if you've planned not to drink, sometimes people will still slip up. The important thing is to think about what made you relapse, recognise your triggers, and use that to help you get better. Below are some ideas to help you:

- Identify triggers and high-risk situations that make you want to drink. try to avoid them or plan for them.
- Stay away from places and people that remind you of drinking.
- Do not be shy about asking for help. Talk to your family and friends about what is going on.
- 1 in 8 people have alcohol dependency issues. It's okay to talk about it.
- Spend time with people who support your recovery. Research shows those using a support group have a higher success rate. Try to contact community support such as Alcoholics Anonymous, Narcotics Anonymous, Change, Grow Live, etc (see useful contacts). Online support is also available.
- Develop coping skills for situations. Holistic therapies, exercise, reading and listening to music are good positive activities. Medication, positive self-talk, counselling & cognitive behavioural therapy (CBT) can all be useful.
- Make a list of things you need to do. Put these in order of importance and take one day at a time.
- Eat a healthy and well-balanced diet. Eat fruit, vegetables, protein, and carbohydrates. Avoid caffeine late in the evening.
- Go for a walk or do something active to help your mood. Try to get a good night's sleep.



## Patient Information

- Cravings will come and go. When you feel like you want to drink, try to distract yourself. Accept the urge and ride it out, instead of trying to fight it. This is known as “urge surfing.” Think of your craving as an ocean wave that will soon pass.
- Set small goals, keep them simple and practical.
- Try to change your usual habits and routines. You could change your route to home or shops and move things around at home.
- Get rid of things that remind you of drinking. If you have alcohol or a favourite drinking glass, it might help to get rid of them for now.

## Useful contacts

### UHCW Alcohol Care Team

Contact: 024 7696 5564

Hours: Monday to Friday, 8 to 4pm available 7 days week

Answerphone service available.

### Change, Grow, Live

1a Lamb Street, Coventry, CV1 4AE

Telephone: Coventry: 024 7601 0241

Rugby, Leamington or Nuneaton: 01926353513

Email: [Coventry.info@cgl.org.uk](mailto:Coventry.info@cgl.org.uk)

Monday to Friday 9 to 5pm

<https://www.changegrowlive.org/drug-alcohol-service-coventry/info>

Alcoholics Anonymous - 08009177650

Samaritans - 08457 90 90 90

## Other useful websites

Drinkaware UK: <https://www.drinkaware.co.uk>

Alcohol Change UK: <https://alcoholchange.org.uk/>

NHS Change 4 Life: <http://www.nhs.uk/Change4Life/Pages/drink-less-alcohol>

## Patient Information

Alcoholics Anonymous: <http://www.alcoholics-anonymous.org.uk/Contact>

MIND Coventry & Warwickshire: [www.cwmind.org.uk](http://www.cwmind.org.uk)

The Trust has access to interpreting and translation services. If you need this Information in another language or format, please contact 0247 696 5564 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

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