

Alcohol Care Team

Harm reduction advice

If you want to stop drinking alcohol, it is important to do it safely. For many people, stopping drinking (abstinence) is the main goal. A sudden reduction or stopping too quickly can make you feel really sick, and it can even be dangerous, drinking alcohol abruptly can have severe withdrawal effects, including possibly seizures, especially if you drink **30 units or more per day**. Here are some tips on how to achieve a safe reduction with alcohol and reduce safely:

- **Do not stop suddenly** – Stopping too fast can make you feel very sick and cause serious problems.
- **Be positive** - You can do this Keep thinking about why you are doing this.
- **Take it slow** - It is best to reduce how much you drink slowly. Try and drink less each day, but don't skip days completely or drink too much at once.
- **Tell people** - Let friends and family know what you are doing, so they can help and support you. You can get extra support from community services or alcohol workers see Useful contacts section below.
- **Cut down by 10% every 2 to 3 days** – Slowly reduce how much you drink. This will help your body adjust, without making you feel too sick.
- **The first few days might be hard** - You might feel sweaty, tremulous/shakey, really anxious or even be sick (vomit). This could mean you are reducing your intake too fast. Maintain a level of wellness and start reducing again.
- **Drink water or juice too** – Try to drink water or juice in between the alcohol to stay hydrated. Try and have de-caffeinated drinks.
- **Keep busy** - Keep your hands and mind busy, consider new hobby.



Patient Information

- **Try calming activities** - Activities like, meditation and breathing exercises can help you relax.

Useful contacts

UHCW Alcohol Care Team

Contact: 024 7696 5564 Hours: Monday to Sunday 8 to 4pm

Answerphone service available

Alcoholics Anonymous (AA) Great Britain

AA supports people in their recovery and helps them to stay sober in the long term. Meetings are available online and in person.

Helpline: 0800 917 7650 24/7 support available

Email helpline: help@aamail.org

Change, Grow, Live

1a Lamb Street, Coventry CV1 4AE

Telephone 0247 601 0241 Monday to Friday 9 to 5pm

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

Drink line

It is a free, confidential helpline for anyone who is concerned about their drinking.

Helpline: 0300 123 1110

Monday to Friday, 9am to 8pm

Saturday to Sunday, 11am to 4pm

Samaritans

Confidential non-judgmental emotional support, 24 hours a day for people who are having feelings of distress, despair, or suicide.

Helpline: 116 123 (24hrs)

Email helpline: jo@samaritans.org (They try their hardest to get back to your email within 24 hours)

Patient Information

The Trust has access to interpreting and translation services. If you need this Information in another language or formats, please contact 024 7696 5564 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

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