



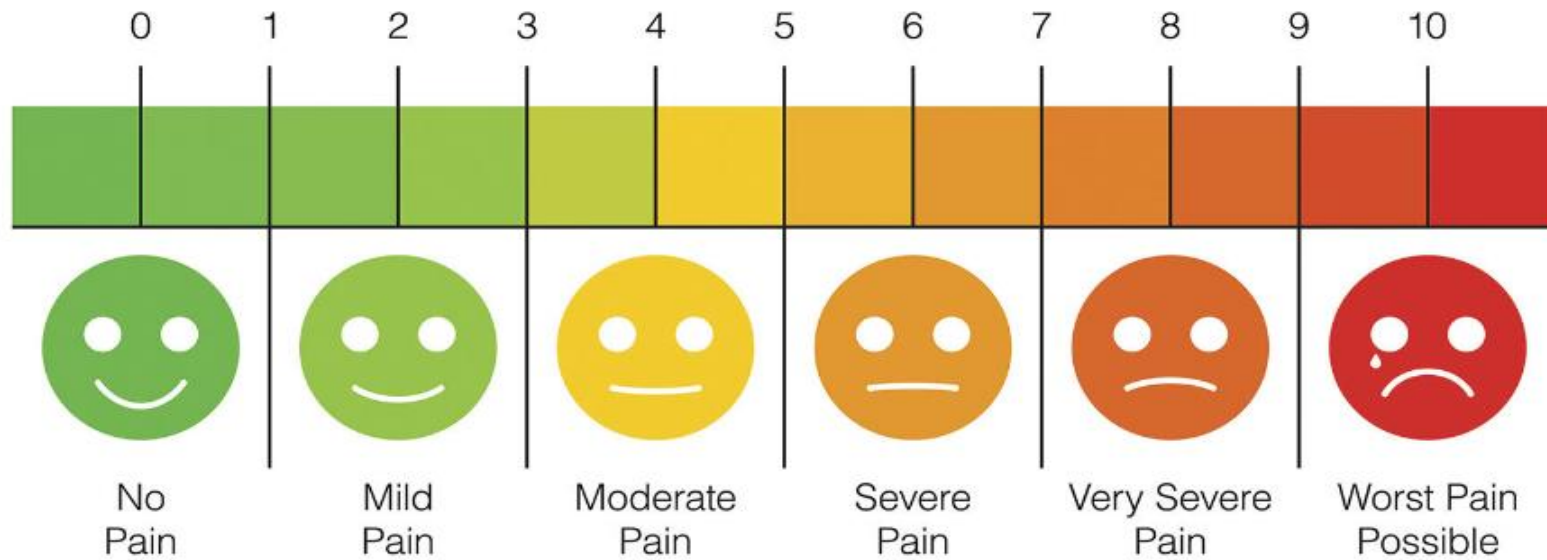
ALCOHOL WITHDRAWAL

Be aware

- Do you need a drink to stop shaking, sweating, anxiety?
- If you drink alcohol every day, suddenly stopping or drinking less is risky
- You may have alcohol withdrawals



Symptoms of alcohol withdrawal range from:



mild

to

severe

What are the symptoms?

- Heart beating faster
- Anxious, don't want to leave your room
- Frustrated



What are the symptoms?

- Sweaty



- Being sick

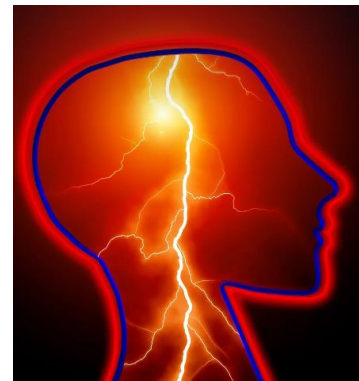


- Unable to get going



Other symptoms if you don't have a drink:

- Hallucinations
- Seizures



If this happens, seek help or call 999



Things that help:



Save a bit of alcohol for the morning to get you going



Keep your money safe



Make sure you use an ashtray if you smoke

Things that help:



Chat to a professional about reducing your drinking



Try not to drink alone



Eat before you start drinking

Things that help:



Try to drink non-alcoholic drinks especially when it is hot



If drinking on a sunny day, find some shade to sit in



Consider Pabrinex – ask your GP / health worker about it