



Supporting recovery
Reducing harm
Rebuilding lives

Alcohol: self help guidance



**Is your drinking becoming problematic?
Here are a few things you can do to help.**

Getting started

- Be honest with yourself about how easy or difficult you find it to have alcohol free days or evenings.
- Make a list of pros and cons of drinking.
- Acknowledge the problems that can arise as a result of long term drinking over the recommended limit.
- Make a resolution to cut down or stop – in manageable stages.
- Write a gratitude list (family, friends, a home, nature, etc).
- Think about what is triggering your desire to drink and what you can do to avoid those triggers or satisfy your needs in other ways.



Set yourself some SMART goals

Specific Measurable Achievable Relevant Time-limited

Think about the short and long term

- Set some short term goals, eg: exercise every day, cook yourself a meal.
- Set some long term goals, eg: a new job, a holiday.
- Reward yourself with a treat for goals achieved eg for one week and one month alcohol free.

Make some changes

- Avoid going to places that sell alcohol (pubs, clubs, events and parties).
- Avoid meeting with old drinking buddies or be assertive and have an answer ready if someone offers you a drink.
- Look at your social network and identify who is supportive.
- Be honest with family, friends, work, etc.
- Avoid keeping alcohol in your home.
- Find a non alcoholic drink you like and keep a supply at home.

- Have something in place for when you usually drink - walk the dog, go for a run.
- Find some new activities you enjoy.
- Try and do some exercise every day.
- Be aware of being hungry, angry, lonely or tired. This can lead to cravings.
- Save the money you would have spent on alcohol and put it towards your holiday, etc.

Know when to seek additional support

- You may experience psychological withdrawal symptoms. These will be short term. You will soon notice huge benefits to being abstinent.
- If you feel you are alcohol dependant you should seek professional advice about reducing safely. It is dangerous to stop drinking suddenly and could lead to seizures and ultimately death.

If you are in need of support or guidance for yourself or another, please call us on:

0121 301 4141

SIAS is a partnership between Birmingham and Solihull Mental Health NHS Foundation Trust, Welcome, Aquarius, Changes UK and Urban Heard and is commissioned by Solihull Council.

We work closely together to offer easy access to appropriate support and treatment for individuals whose drug or alcohol use, or gambling has become problematic. We also offer support to their families and friends.

Find out more

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