

Covid19 and Alcohol Use

Managing Dependency

Derbyshire
Recovery
Partnership



01246 206514

Advice from Derbyshire Recovery Partnership

We know how important it is for you, your family and friends to understand how to manage alcohol dependency at this time.

If you experience withdrawal symptoms such as shaking, sweating, increased anxiety, headache, difficulty sleeping and nausea after several hours without alcohol, please do not suddenly stop drinking as these signs means you are likely to be physically dependent on alcohol and you are at risk of going into alcohol withdrawal.

Alcohol withdrawal can have serious complications and if not managed correctly can be potentially serious or fatal. If you start to experience any of the below symptoms:

- Seizures
- Confusion (e.g. about where you are, what time is it, who you are with)
- Hallucinations (hearing, seeing or feeling things that aren't there)
- Poor coordination and unsteadiness on feet, double vision

You must seek immediate medical support - 999 or go to A&E

You can reduce your alcohol by following the below safety advice

- Set yourself a goal to cut down and gain control, you can discuss this process with Derbyshire Recovery Partnership
- Complete a drinks diary to get an idea of how many units you are drinking and aim to stabilise amount
- Start to gradually reduce, drink enough to control the withdrawal NOT to get intoxicated
- Try to space out your drinks particularly in the middle of the day rather than binge
- If you start to experience withdrawal this means you are cutting down too quickly
- Ultimately, it is important that you reduce your drinking each day at a pace that is manageable for you. This will help prevent uncomfortable withdrawal symptoms, that may lead to other more serious problems
- Take Thiamine vitamins (Vitamin B1)- if these are not prescribed you can purchase over the counter



Tips to help reduce

- If you can enlist the support of friends or family- help to monitor or measure your alcohol, if you are having to self-isolate ask to have alcohol delivered to you.
- Move to a lower strength drink.
- Measure drinks /use same glass.
- Add water or mixer to drinks and alternate soft drinks with alcohol.
- Pay attention to your diet- limit sugar, eat brown rice and wholemeal bread to help our body get more Thiamine (Vitamin B1)which helps to protect your brain.
- Keep well hydrated.

Other Support

Free online CBT resource aimed at reduction:

<https://www.downyourdrink.org.uk>

AA are running online support groups:

<https://www.alcoholics-anonymous.org.uk/Members/Coronavirus-News>

NHS website with information and support regarding alcohol misuse:

<https://www.nhs.uk/conditions/alcohol-misuse/>

Alcohol Change have created a "Coronavirus Information and Advice Hub":

<https://alcoholchange.org.uk/help-and-support/get-help-now/coronavirus-information-and-advice-hub>

DRINKLINE National alcohol helpline, free and confidential
Call 0300 123 1110 (weekdays 9am-8pm weekends 11am-4pm)

**For more information go to www.derbyshirerecoverypartnership.co.uk
01246 206514**