

Unable To Access Alcohol?

- You may be too unwell to keep any alcohol down
- You may have run out of money to buy alcohol
- You may not be able to get out of the house to buy alcohol due to ill-health or adverse weather conditions

What Should I Do?

If you are in this situation, or you anticipate being in this situation in the near future, following this advice will minimise the risk of you having a stroke or seizure:

Be Careful

- Try to plan ahead before you finish your last drink and make your alcohol last as long as possible by reducing the amount you are drinking each day.
- Ideally, you should be reducing by no more than 10% of your usual unit consumption each day. So, if you usually drink 10 half-pint cans of 4% lager each day (20 units), you should reduce by no more than one can (2 units) each day. If you need help working this out or would like to discuss an alcohol detox please speak to your Keyworker.

Monitor Yourself

Monitor any withdrawal symptoms you are having. These include hand/body shakes; vomiting; sweating; confusion; headaches; anxiety; agitation and visual or auditory disturbances. Are these getting worse? If you have no access to alcohol and your symptoms are getting worse please contact your GP; NHS 111; or in extreme circumstances go to your nearest A&E Department or phone for an ambulance on 999

Please note: If you have epilepsy or you have had a stroke or seizure in the past, you are more at risk of having another if you stop drinking suddenly or reduce units too quickly – please follow the 10% reduction rule outlined above.