

Contact us

Nottingham Recovery Network

Nottingham Wellbeing Hub, 73 Hounds Gate, Nottingham NG1 6BB

Tel: 0800 066 5362 or 0115 970 9590

Email: info@nottinghamrecoverynetwork.com

Website: www.nottinghamrecoverynetwork.com

Useful numbers

Change, grow, live (CGL)

CGL is a social care and health charity that works with families and young people who want to change their lives for the better.

Tel: 0115 9484 314

Website: www.changegrowlive.org/young-people

NHS Direct

Tel: 111

Drinkline

Free helpline: 0300 123 1110 (weekdays 9am–8pm, weekends 11am–4pm)



ALCOHOL ADVICE AND TREATMENT SPECIALISTS

The Safe Way to Stop Drinking Alcohol



Some people who use our service want to stop drinking completely, others may want to cut down and control their drinking.

There are many reasons to stop or reduce drinking such as to:

- Promote better physical health
- Promote better mental health
- Be more in control in social situations
- Be more in charge of your finances.

A period of abstinence before controlled drinking is advised.

The safest way to stop drinking is to gradually reduce your alcohol consumption slowly. Ask the Nottingham Recovery Network service for advice about reducing levels which are manageable and safe for you.

Do not stop drinking immediately.

The body can react to the sudden withdrawal of alcohol and this may cause alcohol-related seizures and other side effects, which can be fatal.

Seek medical advice if you believe you or someone close to you may be experiencing withdrawal symptoms such as shaking and sweating.

The government has issued guidelines for safe drinking levels:

Recommended levels for
men and women...

**No more than
14 units per
week**

One pint of Stella is 5.2% this
equals to three units.

It is also advisable to have at least two days a week alcohol free.

If you are drinking above these levels, it may help to keep a drink diary before you reduce so you know exactly how much you are drinking which will help you set realistic goals.

Nottingham Recovery Network is here to help, if you have any questions or would like further information please feel free to call us on: **0800 066 5362** or **0115 970 9590**

