

The safe way to stop drinking alcohol...

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.

CAUTION

The safest way to stop drinking is to gradually reduce your alcohol consumption slowly. Ask the Last Orders 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**

1 pint of Stella 5.2%
EQUALS 3 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.

Last Orders 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



**LAST
ORDERS**

ALCOHOL ADVICE AND TREATMENT SPECIALISTS

**LAST
ORDERS**

ALCOHOL ADVICE AND TREATMENT SPECIALISTS

Contact us

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

Tel: 0800 066 5362 or 0115 970 9590
E-mail: info@nottinghamrecoverynetwork.com
Website: www.nottinghamrecoverynetwork.com

Useful numbers

For carers and family support:
Explore Family (Nottingham city)
Tel: 0115 978 7161

NHS Direct
Tel: 111

Drinkline

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

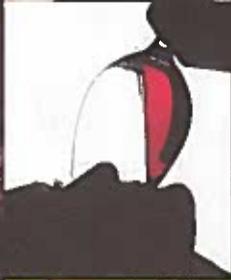
Nottingham
City & District Partnership
www.nottinghamadp.com



City Council



NHS
Nottingham City



Wellbeing Hub

A specialist service from



Nottingham Recovery Network

Wellbeing Hub



A specialist service from



Nottingham Recovery Network

LAST ORDERS

ALCOHOL ADVICE AND TREATMENT SPECIALISTS
The safe way to stop drinking alcohol

LO SWTS August 2017