

## Alcohol/substance misuse

Drug and alcohol misuse is a complex issue. While the number of people with a serious problem is relatively small, someone's substance misuse and dependency affects everybody around them. Both drugs and alcohol can affect people's mental health, physical health, financial wellbeing and their relationships. If you or someone you know has a drug or alcohol problem, there is local help available.

**Cutting down your drinking is often just the beginning and most people will need some degree of help to stay alcohol-free in the long term. Getting support – beyond family, friends or carers – is crucial to understanding and overcoming the issues that make you drink. Ask your GP or alcohol support group about one-to-one counselling or group support in your area.** <sup>(1)</sup>

- ⇒ **Alcohol Unit Calculator**—It can be hard to tell how many units are in different types of alcoholic drink. Visit <http://www.nhs.uk/change4life/Pages/understanding-alcohol.aspx> to use the unit calculator to find out how many units there are in a single drink or in a number of drinks.
- ⇒ **Drinks Diary** - With so many different drinks and glass sizes, from shots to pints – not to mention bottles – it's easy to get confused about how many units are in your drink. You can download a drinks diary from [www.nhs.uk/Livewell/alcohol/Documents/drink\\_diary.pdf](http://www.nhs.uk/Livewell/alcohol/Documents/drink_diary.pdf). Fill out the diary using the basic alcohol units found in the diary. <sup>(1)</sup>
- ⇒ Legal highs carry serious health risks. The chemicals they contain have in most cases never been used in drugs for human consumption before, so haven't been tested to show that they are safe. Users can never be certain what they are taking and what the effects might be.
- ⇒
  - To find out more about specific drugs go to the A-Z of Drugs on the FRANK website [talktofrank.com](http://talktofrank.com)
  - For confidential advice about all aspects of drugs and drug use, call the FRANK helpline on 0300 123 6600 <sup>(3)</sup>
- ⇒ You can use the service search on the NHS Choices website to find your nearest NHS drug addiction support services. [www.nhs.uk/Livewell/drugs/Pages/Drugtreatment.aspx](http://www.nhs.uk/Livewell/drugs/Pages/Drugtreatment.aspx)
- ⇒ **Hampshire Drug and Alcohol Action Team (DAAT)** The DAAT Support Team is responsible for commissioning and coordinating high quality substance misuse services across Hampshire. The team achieves this by working in partnership with all those concerned in reducing the harm caused by substance misuse to individuals, their families and communities. If you are concerned about your drug use and would like some support please contact the Hampshire Drug & Alcohol Recovery Service on 0300 124 0103 [inclusionhants@sssft.nhs.uk](mailto:inclusionhants@sssft.nhs.uk) <sup>(4)</sup>

### Top Tips

- Men should not regularly drink more than 3 to 4 units of alcohol a day.
- Women should not regularly drink more than 2 to 3 units of alcohol a day.
- If you are pregnant and choose to drink, do not drink more than 1-2 units of alcohol once or twice a week, and do not get drunk.
- Know what you're buying—a really good way of cutting down if you're a wine drinker is to buy small (125ml) glasses for the house rather than the large (250ml) ones.
- Be patient with yourself. It usually takes at least three months before significant improvement occurs, so don't give up.
- Avoid relying on someone to stop doing drugs with you, as he or she may not have the willingness to change.
- Find a group in your local area such as Narcotics Anonymous or SMART Recovery. It will help you deal with the issues that come up when stopping drugs.

# Helpful Contacts: Health and Wellbeing

## Alcohol/substance misuse

### **Drinkline**

The national alcohol helpline. If you're worried about your own or someone else's drinking, you can call this free helpline, in complete confidence. Call 0300 123 1110.

### **Alcoholics Anonymous (AA)**

A free self-help group. AA's belief is that people with drink problems need to give up alcohol permanently. For more information and to find your nearest meeting go to [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk).

### **Al-Anon Family Groups**

Offering support and understanding to the families and friends of problem drinkers, whether they're still drinking or not. Alateen is part of Al-Anon and can be attended by 12-17 year olds who are affected by another person's drinking. For more information and to find your nearest meeting go to [www.al-anonuk.org.uk](http://www.al-anonuk.org.uk).

### **Solent NHS Trust – Drug and Alcohol Recovery Service**

Working with those whose lives are affected by the problematic use of drugs and or alcohol. This includes service users but also carers and families. Call 02392 684755 visit [www.solent.nhs.uk](http://www.solent.nhs.uk). 24 hour advice line: 023 9268 3371.

### **Inclusion Hampshire**

Seeks to deliver effective and sustained reduction in the harm caused both to the individual and the wider community by illicit or harmful substance and alcohol misuse. Access to their service can either be through self-referral or through other referring agencies such as GP's and pharmacies. Drop-ins also available. For more information call 0300 124 0103 option 6 for Ringwood. [www.inclusion.org.uk](http://www.inclusion.org.uk)

### **It's Your Choice**

Information, advice and counselling for young people aged 12-25 years old. 0800 515819 or visit [www.iyc.org.uk](http://www.iyc.org.uk).

### **FRANK**

If you have concerns for yourself or others, FRANK provides information on a range of illegal drugs or legal highs. Visit [talktofrank.com](http://talktofrank.com) LIVE CHAT (2pm - 6pm) email via the website, Text 82111 or Call 0300 123 6600.

### **Community for Recovery - The misuse of gases, aerosols and solvents**

Gases, aerosols, petrol, glues, solvents, poppers, laughing gas. If you misuse any of these products, or if someone you know misuses them, then community for recovery can help. Talk to them now via LiveChat, [www.communityforrecovery.org](http://www.communityforrecovery.org) or call 01785 810762.

**Hampshire Drug Addiction Help** - including private detox rehab centres, local Narcotics Anonymous meetings & NHS treatments. Contact an advisor 0845 508 3156 for free advice.