

Alcohol - where to get help

Are you worried about your own or someone else's drinking?

Drinkline National Helpline

Tel: 0800 917 8282, 24 hours/365 days
Advice and referral to treatment for callers worried about their own drinking or that of a friend or family member. Confidential and no names need to be given. Calls are free from landlines and will not show up on your bill.

Alcohol and Drug Services

Tel: 0161 834 9777, Mon-Fri: 9am-5pm
Alcohol information centre for the north west. Provides telephone advice, including information about other services.

www.howsyourdrink.org.uk

Website designed to help you work out whether you're drinking too much, and if so, what you can do about it.

Are you pregnant or thinking about becoming pregnant?

Manchester Specialist Midwifery Service

Tel: 0161 226 6669, Mon-Fri: 9am-5pm
Offers specialist advice and support about the effects of alcohol on you and your baby.

Are you or someone you know under 19 years old?

Eclipse Young Persons Substance Misuse Service

Tel: 0161 273 6686, Mon-Fri: 9.30am-5pm
Offers advice, information, support and treatment for drugs and alcohol for anyone under 19.

Are you homeless?

Alcohol specialist services:

Booth Centre

Tel: 0161 835 2499, Mon-Fri: 8am-4pm
www.boothcentre.org.uk

Drop-in and activity centre for homeless people in Manchester. Services include food, education and advice. There is a staffed 'wet garden', where people can drink alcohol. *Open on Tuesdays and Thursdays from 9am-12.30pm and Wednesdays 9.30am-10.30am.*

Cornerstones

Tel: 0161 232 8888, Mon-Fri: 10.30am-4pm
including bank holidays

Day centre drop-in and support for homeless people who may be street drinkers and/or heavy drinkers. Has a small space on the premises where drinking is permitted.

Counted In

Tel: 0161 236 3064, Mon-Fri: 9am-5pm
If you are over 18 years old, have an alcohol problem and sleep rough in Manchester, the team can help with accommodation and other services.

General homelessness services:

Single Men's Direct Access

Tel: 0161 273 7306, 24 hours/365 days

Single Women's Direct Access

Tel: 0161 219 6050, 24 hours/365 days

Families

Tel: 0161 234 4800, Mon-Fri: 9am-4pm
(at other times Tel: 0161 224 6452)
www.manchester.gov.uk/housing/homeless
www.e-manchester.gov.uk/speople

Does a friend or family member have a problem with alcohol?

If you look after or help someone who has an alcohol problem, you are a carer.

Manchester Carers Centre

Carers Line: 0161 835 4090, Mon-Fri: 9am-4.30pm www.carers.org
Information, advice and support for carers who look after someone with an alcohol problem. Can help access respite grants for breaks away from caring.

Manchester Carers Forum and Young Carers Forum

Tel: 0161 629 9859, Mon-Fri: 9am-5pm
www.manchestercarersforum.org.uk
Provides a forum for all carers and former carers who are/were caring for somebody in the city of Manchester. Also offers support, leisure activities and breaks for young carers.

Alcohol Assessment and Care Management Team

Tel: 0161 255 8250, 24 hours/365 days
The team will discuss and arrange the help you need to look after yourself, your friend or family member.

www.al-anonuk.org.uk

Helpline: 020 7403 0888, 10am-10pm/365 days

Al-Anon family groups are for anyone affected by someone else's drinking. Alateen is part of Al-Anon and is for young people aged 12-20.

www.adfam.org.uk

Tel: 020 7553 7640, Mon-Fri: 9am-5pm
Adfam provides information and advice for families facing problems with drugs or alcohol.

www.nacoa.org.uk

Helpline: 0800 358 3456, Mon/Tues/Fri: 10am-7pm; Wed/Thur: 10am-9pm; and Saturday: 10am-3pm when possible
The National Association for Children of Alcoholics offers information, advice and support to the children of alcoholics through a free, confidential helpline.

Do you have mental health problems and misuse drugs or alcohol?

Dual Diagnosis Clinics

Tel: 0161 720 2005, Mon-Fri: 9am-5pm, answerphone when busy, offer advice and interventions to help clients cut down, or stop using, drugs or alcohol.

Do you want help to cut down or stop drinking?

Alcohol and Drug Abstinence Service

Tel: 0161 484 0000, Mon-Fri: 9am-4pm
Saturday: 10am-12 noon
ADAS offers a structured day programme and six-week family therapy programme. You will need a community care assessment carried out by the Alcohol Assessment and Care Managers Team. *(Tel: 0161 255 8250 24hrs/365days).*

Alcoholics Anonymous

Helpline: 0161 236 6569, 11am-11pm/365 days: www.alcoholics-anonymous.org.uk
Offers a number of AA meetings across the city and will provide callers with a list of local meetings.

Brian Hore Unit

Tel: 0161 217 4166, Mon-Fri: 9am-8pm; Sat-Sun: 9am-3.30pm/365 days
Offers support for individuals who are maintaining or working towards long-term abstinence from alcohol. Provides daily support groups, a structured programme, one-to-one counselling, drop-in centre and outpatient detoxification.

Manchester Community Alcohol Team

Tel: 0161 223 9641, Mon-Fri: 9am-4pm
Offers a confidential service on a one-to-one basis for people aged 16+ who want to cut down or give up drinking, including home detoxification, and offers advice to people affected by someone else's drinking.

Frank Cohen Support Group

Tel: 0161 205 7508, Mon-Sat: 9am-12.30pm
Offers drop-in support, help and advice to people with dependency problems.

Smithfield Project

Tel: 0161 839 8829, 24 hours/365 days
Residential detoxification unit staffed 24 hours. When a person has been drinking regularly it can be dangerous to suddenly stop drinking or cut down. This is due to problems with alcohol withdrawal.

Zion Alcohol Group

Resource Centre - Tel: 0161 232 7312, Mon-Fri: 9am-5pm www.zioncentre.org.uk
The Group meets every Thursday 6-8pm to offer support and advice to people who have problems as a result of their drinking.

www.downyourdrink.org.uk

Down Your Drink is a six-week online programme that tells you what you need to know to drink safely.

Do you need help to stay in your own home?

Alcohol Assessment and Care Management Team

Tel: 0161 255 8250, 24 hours/365 days
Can arrange social care services to help those who have problems looking after themselves at home as a result of their drinking. These services include home helps, daycare and residential rehabilitation.

Housing On Call

Tel: 0161 953 2525, Mon-Fri: 8am-5.30pm
Provides housing-related advice and information for tenants. Housing On Call can refer vulnerable people aged 16+ for tenancy support, which aims to support independent living.

Do you need somewhere to live that can help you stay sober?

Turning Point Hostel Accommodation

Tel: 0161 839 8829, 24 hours/365 days
Two hostels. A male-only hostel and a mixed male and female hostel offer temporary supported accommodation for people who have problems with drug and/or alcohol use.

Newbury House

Tel: 0161 224 5729, Mon-Fri: 9am-5pm
Offers accommodation with a structured alcohol programme for approximately 12 months.

Bennett House

Tel: 0161 795 4003, Mon-Fri: 9am-5pm
Offers accommodation with a structured alcohol programme for men who are dependent drinkers and want to stop drinking. You will need a community care assessment carried out by the Alcohol Assessment and Care Managers Team. *(Tel: 0161 255 8250 24hrs/365days)*

Do you need somewhere to live and want to continue to drink?

Heavy Drinkers Project

Tel: 0161 248 9069, 24 hours/365 days
Offers supported accommodation for men and women unable to maintain independent accommodation due to alcohol-related problems. Not all the accommodation is staffed 24 hours, seven days a week. Residents are allowed to drink after agreeing an individual 'drinking plan', which aims to stabilise their alcohol consumption and reduce the harm from heavy drinking.

Mary and Joseph House

Tel: 0161 273 6881, Mon-Fri: 7am-5pm
A residential care home staffed 24/7, for people who have past or present mental health problems or alcohol dependency. You will need a community care assessment carried out by the Alcohol Assessment and Care Managers Team. *(Tel: 0161 255 8250 24hrs/365days)*

Morning Star Hostel

Tel: 0161 868 0606, Mon-Fri: 8am-5pm
Temporary accommodation staffed 24/7, for homeless men who continue to drink. Alcohol is allowed in certain areas. Residents can access the building 24 hours a day. Referrals are made by homelessness and housing agencies and the Cornerstones day centre.

Alcohol - know the facts and the risks

If you drink, which of these statements best describes you?

I drink more than 3 units a day (for women) or 4 units a day (for men) but haven't experienced any problems.
THIS IS HAZARDOUS DRINKING

I drink large amounts of alcohol in a relatively short space of time so I can get drunk (more than 6 units for women and more than 8 units for men).
THIS IS BINGE DRINKING

I drink more than 3 units a day (for women) or 4 units a day (for men) and have already experienced some problems at home or work.
THIS IS HARMFUL DRINKING

I drink more than 3 units a day (for woman) or 4 units a day (for men) and I find it hard to cut down or feel unwell if I try to stop drinking.
THIS IS DEPENDENT DRINKING

I am worried about someone else's drinking that I look after.
YOU ARE A CARER

If you are a carer (See services overleaf for carers).

Risks if drinking dangerously/ binge drinking
Continuing to drink at these levels puts you at risk of experiencing problems at some point in the future (see 'harmful drinking'). If this sounds like you, check out how to reduce risks when drinking alcohol.

Risks if drinking harmfully/ binge drinking
Accidents, unsafe sex, missing work, getting arrested, weight gain, memory blackouts, feeling depressed, stomach complaints, relationship problems, liver damage and developing alcohol dependency in the future.

Risks if drinking dependently
Shakes, sweats, cravings, insomnia, anxiety. Suddenly stopping drinking is dangerous when these symptoms are left untreated.

Risks if drinking when pregnant
Affects the healthy growth of your baby and increases the chances of a miscarriage.

If you are worried about your own drinking or someone else's drinking, contact your GP surgery or check out local services.

Suffering the consequences:

Alcohol is a drug that increases the risk of:

Making bad decisions
People can make decisions or behave out of character after drinking too much alcohol. These could include spending more money than planned, taking more risks in relationships, feeling safe in dangerous situations, eg. driving, operating machinery, walking home alone, and arguing or fighting with someone you know or a stranger.

Gaining weight
Alcohol holds a lot of empty calories. It is also dehydrating and can contain a lot of sugar. The two most important things to remember about a healthy diet are: eating the right amount of food for your level of activity, and eating a range of foods to make sure you get a balanced diet.

Long-term health problems

Alcohol is a habit-forming drug that can lead to dependence. It affects every part of the body, including the brain. This means that drinking harmfully and regularly can cause high blood pressure, stomach complaints, fertility problems and liver damage. It can also cause mental health problems such as depression, anxiety and brain damage, eg. dementia.

How to reduce risks if drinking alcohol:

- Eat before or with alcohol, as feeling full can help you pace your drinks
- Understand what a unit is and how many units you are drinking
- Alternate alcoholic drinks with water or soft drinks
- If you can, avoid caffeinated mixer drinks; caffeine can speed up the effects of alcohol
- It is a good idea to have one or two alcohol free days a week

- Don't get a friend another drink if they're already drunk.

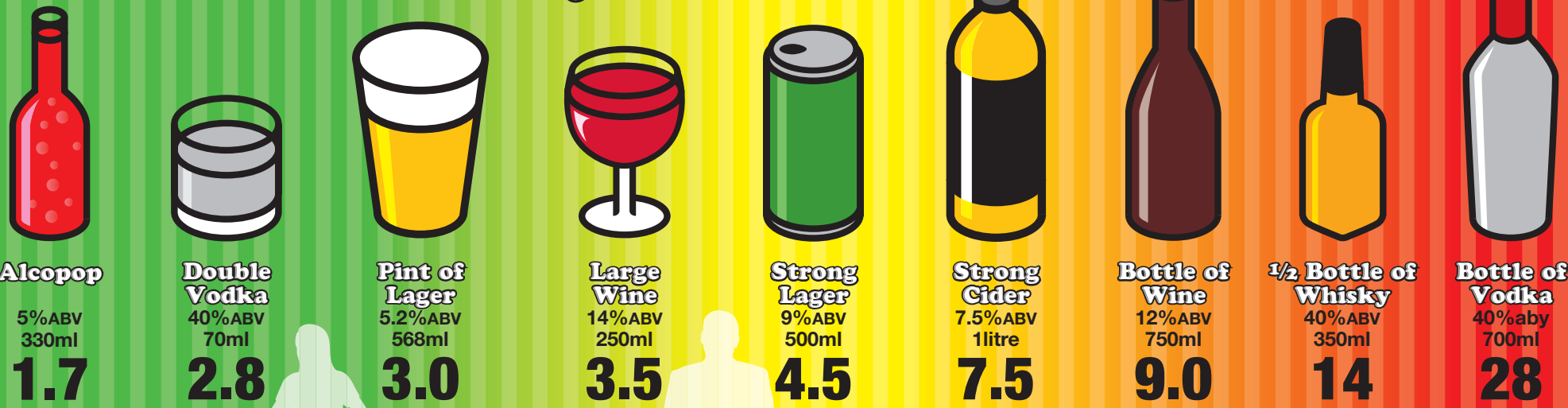
Drinking alcohol at home

- Remember that measures are often larger when pouring your own drinks
- Buy non-alcoholic drinks as an alternative, especially when you're thirsty
- If children are around, make sure you store alcohol in a safe place.

Going out for a drink

- Plan how to get home while you're sober.
- Choose a safe venue to go out; look for the Best Bar None sign
- Avoid people topping up your drinks, and don't leave your drink unattended
- Don't get into an unlicensed taxi; use one you can trust.

One drink isn't always one unit



How much is too much?



WOMEN
2-3 units daily

Low risk daily limits



MEN
3-4 units daily

Weight Gain

Unsafe Sex

High Blood Pressure

Violence

Liver Damage

Depression

Dependence

In pregnancy, no alcohol = no risk of harm to your baby

DRINKAWARE.CO.UK

Manchester Primary Care Trust

MANCHESTER CITY COUNCIL