How to contact us:

Write to:

Community Learning Disability Team
The Redwoods Centre
Somerby Drive
Bicton
Shrewsbury
Shropshire
SY3 8DS

Email CLDTShrops@mpft.nhs.uk

Telephone: 01952 457417

IN AN EMERGENCY

	Monday-Friday between 9.00am-5.00pm Please phone the Community Learning Disability Team on 01952 457417 Ask for your Nurse, Doctor, OT, Physio, SLT or Psychologist. If they are not there, ask for the Duty Worker. Someone will talk to you.
	On Saturdays, Sundays or Bank Holidays or if it is before 9.00 am or after 5pm: Medical problems call your G.P. (doctor) or NHS 111. Mental Health problems call the Access Team 0300 124 0365. Social Services call 0345 604 2886.
	If there is an emergency: If you or another person is very ill, please phone 999 and ask for 'Ambulance'. If you or another person is in danger, please phone 999 and ask for 'Police'. If there is a fire, please phone 999 ask for 'Fire Service'.

If you require this information in another language or any other format, please contact Customer Services on 01785 783023, or customer.services@mpft.nhs.uk

Adult Learning Disabilities

NHS
Midlands Partnership University
NHS Foundation Trust

The Adult Community Learning Disability Service



Stop Drinking Alcohol / Withdrawal

Stopping Drinking Alcohol / Withdrawal



If you often drink a lot, then suddenly stop you may feel ill.
This is called withdrawal.



You are most likely to feel ill if you drink a lot.



A lot of alcohol is more than six units a day for a women.



That is four small glasses of wine a day.





A lot of alcohol is more than eight unit a day for men

That is four pints of ordinary beer a day.



Feeling ill can happen within a day of stopping drinking and can last up to 10 days.



People often feel most ill around day three.





Feeling ill can include:

- Difficult sleeping
- Anxiety
- Panic attacks
- Feeling agitated or cross / angry
- Not being able to sit still
- Sweating
- Hands and body shaking.



Confusion

Seeing or hearing things that other people cannot see or hear.



Seizures

The more alcohol you drink the more ill you are likely to feel.







You can stop drinking safely

Gradually reduce how much you drink

Medication can be used to help you get rid of the alcohol in your body. This is called detoxification.

If you drink a lot, it is a bad idea to stop suddenly.

It could lead your death

It could cause brain damage

