How to contact us:

Write to:
Community Learning
Disability Team
1st Floor Friary Centre
St Michaels Court
Trent Valley Road
Lichfield
Staffordshire
WS13 6EF

Write to:
Community Learning
Disability Team
St Georges Hospital
Flanagan Centre
Corporation Street
Stafford
Staffordshire
ST16 3AG

Email CLDTStaffs@mpft.nhs.uk

Telephone: 01785 221576

	IN AN EMERGENCY Monday-Friday between 9.00am-5.00pm. Ring 01785 221576 Ask for your Nurse, Doctor, Occupational Therapy, or Psychologist. If they are not there, ask for the Clinical Co-ordinator.
Out of Hours Emergency Care	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 555 5001. Social Services call 0345 604 2886.
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

