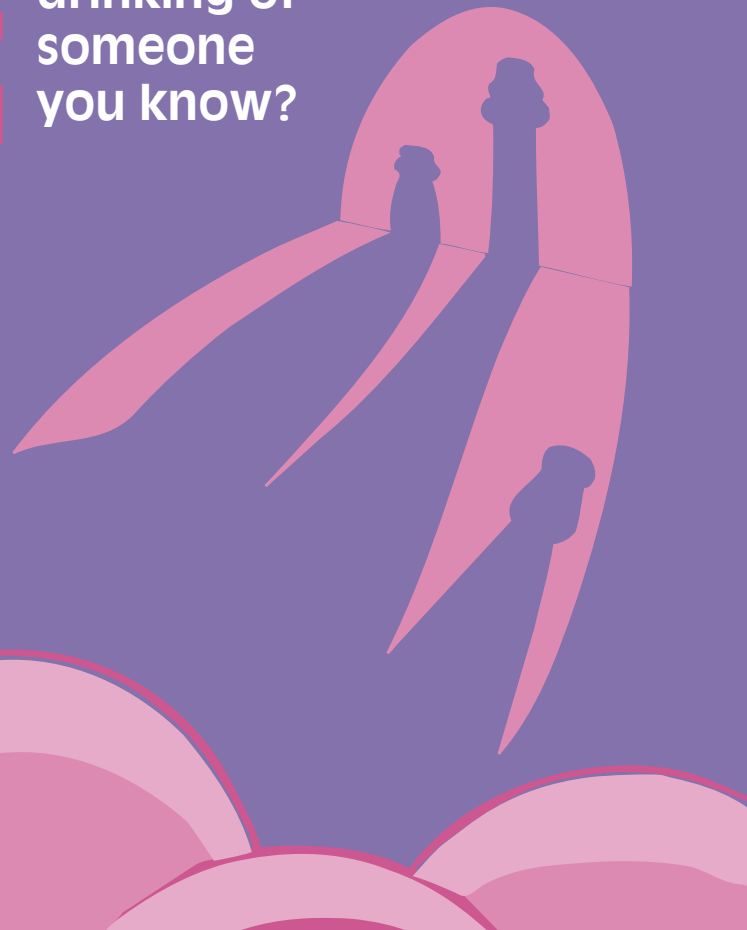


# WORRIED ABOUT YOUR DRINKING



Concerned about the drinking of someone you know?



Are you:

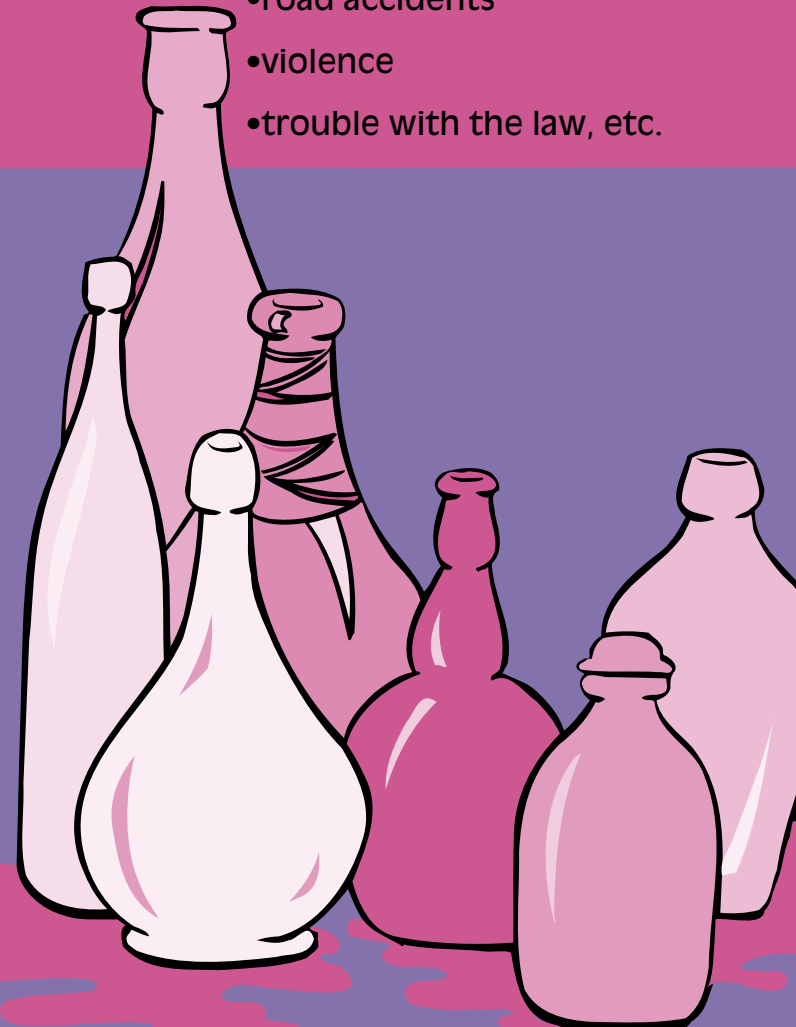
- Drinking more than you used to?
- Finding it difficult to stop when others do?
- Going to the pub more often?
- Drinking secretly at home?
- Drinking everyday and throughout the day?

**D**rinking small amounts of alcohol occasionally can be an enjoyable and sociable way to relax.

**B**ut..... Too much alcohol can and does cause problems to all sorts of people in all sorts of ways.

For example

- accidents in the home.
- road accidents
- violence
- trouble with the law, etc.



**M**any problems result from drinking too much over a long period of time

**For example:**

Aggression and violence in the family

Money Problems

Health Problems

Sex Problems

Difficulties in holding down a job

Relationship Problems/ Arguments

Anxiety, Mood swings

If you feel that alcohol is becoming a problem for you or someone you know, it is sensible to seek help sooner rather than later.



To find out more about safe levels of drinking and who can help, please talk to your:

Doctor  
Practice Nurse  
or  
Health Visitor

Or

**apas**

Tel Lo-call (0845) 7626316  
[www.apas.org.uk](http://www.apas.org.uk)

The Nottingham Clinic  
0115 969 3388

Nottingham Alcohol & Drug Team  
0115 941 8964

Alcoholics Anonymous  
0115 941 7100

or

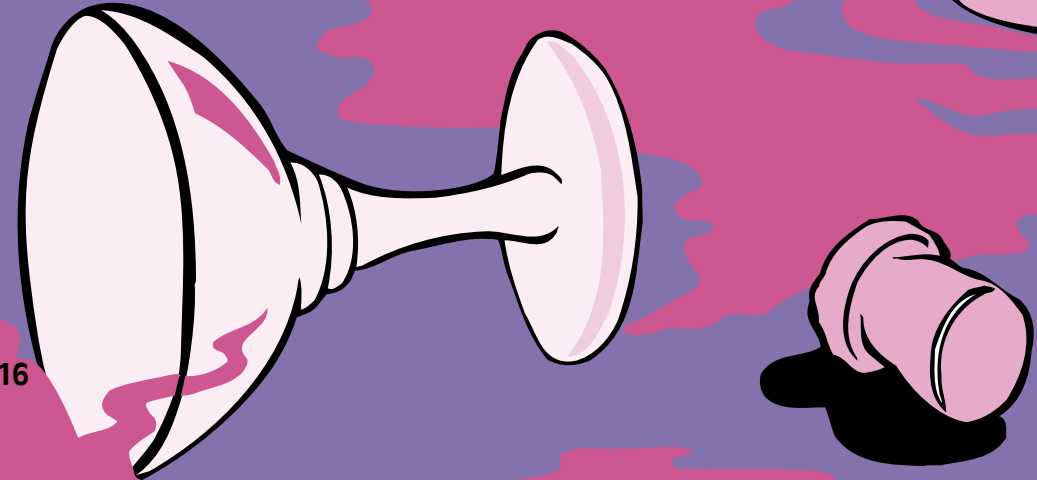
Clinical Nurse Specialists  
(Alcohol)

Mansfield (01623) 20121

Newark (01636) 707491

Worksop (01909) 500990(Ext. 2005)

The Sanctuary 0115 942 4484



Produced by

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