



SupportTeam
@Veor

Help for Problems With Alcohol Dependency

Realising you have a problem with alcohol is the first big step to getting help. You may need help if: you often feel the need to have a drink, you get into trouble because of your drinking, other people warn you about how much you're drinking or you think your drinking is causing you problems.

- If you have become physically dependent and need to stop drinking completely, stopping overnight could be harmful.
- You should get advice about this and about any medicine you may need to do this safely.
- The sorts of mild or moderate withdrawal symptoms that suggest you may need medicine include:
 - anxiety after waking
 - sweating and mild tremors
 - nausea or retching in the morning
 - vomiting
- Call 999 if you have severe symptoms of alcohol withdrawal, including:
 - hallucinations
 - severe tremors
 - seizures or fits
- Cutting down or stopping drinking is usually just the beginning, and most people will need some degree of help or a long-term plan to stay in control or completely alcohol free.
- Getting the right support can be crucial to maintaining control in the future. Only relying on family, friends or carers for this often is not enough.
- Ask a GP or alcohol service about what longer-term support is available in your area.
- Self-help or mutual aid groups (groups such as AA or SMART Recovery groups) are accessible in most areas.

[Find alcohol addiction support services in your area](#)

[Source: NHS Alcohol Support](#)



Treatment and Support Groups

- Drinkline is 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 (weekdays 9am to 8pm, weekends 11am to 4pm).
- Alcoholics Anonymous (AA) is a free self-help group. Its "12 step" programme involves getting sober with the help of regular support groups.
- Al-Anon Family Groups offer 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 to 17-year-olds who are affected by another person's drinking, usually a parent.
- We Are With You is a UK-wide treatment agency that helps individuals, families and communities manage the effects of drug and alcohol misuse.
- Adfam is a national charity working with families affected by drugs and alcohol. Adfam operates an online message board and local support groups.
- The National Association for Children of Alcoholics (Nacoa) provides a free, confidential telephone and email helpline for children of alcohol-dependent parents and others concerned about their welfare. Call 0800 358 3456 for the Nacoa helpline.
- SMART Recovery groups help people decide whether they have a problem, build up their motivation to change, and offer a set of proven tools and techniques to support recovery.
- Caring for an alcoholic? Find out where you can get support on the Carers Trust website.
- More in Alcohol advice
 - Alcohol units
 - Calories in alcohol
 - The risks of drinking too much
 - Tips on cutting down



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