

# ADDICTION N

SIX MENTAL HEALTH SOLUTIONS



# ADDICTION SUPPORT TOOLKIT

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**ADDICTION**

**WARNING SIGNS** 

Addictions and addictive behaviours can result in a wide range of unpleasant and distressing symptoms and a whole host of devastating consequences. These include the breakdown of relationships, reduced work performance, poor physical health and a reduction in personal finances.

The signs of addictions vary depending on the type of addiction that you are suffering from, but there are common signs to look out for. Some of these are:

*feelings of* **HOPELESSNESS**

*dryness due to* **DEHYDRATION**

*mood* **SWINGS**



*increased* **AGITATION**



*injection* **SITES**

*substance* **PARAPHERNALIA**

*disrupted* **SLEEP**

*greater* **PARANOIA**



*poor* **JUDGEMENT**

*increased* **TIREDSNESS**

*dilated* **PUPILS**



*yellowing of* **EYES/SKIN**

*inability to* **CONCENTRATE**



*dishonest* **BEHAVIOUR**

*facial* **REDNESS**

*lack of personal* **HYGIENE**

*secretive* **BEHAVIOUR**



*self* **HARM**

*withdrawing from* **LIFE**

*memory* **PROBLEMS**



*supporting people with*

**DRUG AND ALCOHOL PROBLEMS**

It can feel difficult to support someone who is struggling with recreational drug or alcohol use. It might make you feel worried, frustrated or lonely. But there are things you can do to help.

This might include encouraging them to seek help for the first time.

If you are supporting someone seeking help for the first time, you could:

*Reassure them*

that it is OK to seek help

*Help them*

find out what services are available locally

Turning Point's website has a tool to help you find local services for drug and alcohol use (the tool refers to it as 'substance misuse'). [turning-point.co.uk/find-a-service](https://turning-point.co.uk/find-a-service)

*Go to*

appointments with them

if they would like you to. This may especially help for their first visit.

If they already receive treatment or support, you could help them stick to their treatment plan, go to appointments and meet their targets.

As well as helping them find treatment and support, these are some ways to help someone feel supported:

*Find ways*

to spend more time together

You could try joining in with any activities that they enjoy.

*Listen to them*

if they want to talk about their experiences or how they feel

*Try to explain*

how their alcohol or drug use is affecting you



*Look after yourself*

Supporting someone else can have a big impact on your own life. By looking after yourself, you might also find it easier to offer support to others.



# RISKS OF Alcohol Misuse

The short-term effects of alcohol consumption are outlined here. This information is based on the assumption that you have a normal tolerance to alcohol.

Dependent drinkers with a higher tolerance to alcohol can often drink much more without experiencing any noticeable effects.

## 1 to 2 UNITS

After drinking 1 to 2 units of alcohol, your heart rate speeds up and your blood vessels expand, giving you the warm, sociable and talkative feeling associated with moderate drinking.



## 4 to 6 UNITS

After drinking 4 to 6 units of alcohol, your brain and nervous system start to be affected. It begins to affect the part of your brain associated with judgement and decision making, causing you to be more reckless and uninhibited.

## 8 to 9 UNITS

After drinking 8 to 9 units of alcohol, your reaction times will be much slower, your speech will begin to slur and your vision will begin to lose focus.

Your liver, which filters alcohol out of your body, will be unable to remove all of the alcohol overnight, so it's likely you'll wake with a hangover.



## 10 to 12 UNITS

After drinking 10 to 12 units of alcohol, your co-ordination will be highly impaired, placing you at serious risk of having an accident. The high level of alcohol has a depressant effect on both your mind and body, which makes you drowsy.

This amount of alcohol will begin to reach toxic (poisonous) levels. Your body attempts to quickly pass out the alcohol in your urine. This will leave you feeling badly dehydrated in the morning, which may cause a severe headache.

The excess amount of alcohol in your system can also upset your digestion, leading to symptoms of nausea, vomiting, diarrhoea and indigestion.



## more than 12 UNITS

If you drink more than 12 units of alcohol, you're at considerable risk of developing alcohol poisoning, particularly if you're drinking many units over a short period of time.

It usually takes the liver about an hour to remove one unit of alcohol from the body.

Alcohol poisoning occurs when excessive amounts of alcohol start to interfere with the body's automatic functions, such as:

- breathing
- heart rate
- gag reflex, which prevents you choking

Alcohol poisoning can cause a person to fall into a coma and could lead to their death.

## AFTERCARE

# ADDICTION RECOVERY SUPPORT

## alcohol recovery SUPPORT



Alcoholics Anonymous  
alcoholics-anonymous.org.uk  
Helpline: 0800 9177 650

## substance recovery SUPPORT



Narcotics Anonymous  
ukna.org  
Helpline: 0300 999 1212

## addiction SUPPORT



Smart Recovery  
smartrecovery.org.uk  
Helpline: 0300 053 6022

## eating disorder recovery SUPPORT



Overeaters Anonymous  
oagb.org.uk  
Helpline: 07798 587802

## gambling recovery SUPPORT



Gamblers Anonymous  
gamblersanonymous.org.uk  
Helpline: 0330 094 0322

## codependent recovery SUPPORT



CoDA  
codauk.org  
meetings@codauk.org

## sex and love recovery SUPPORT



Sex and Love Addicts Anonymous  
slaauk.orgmeetings@codauk.org  
National UK voicemail: 07984 977 884

## pan addiction SUPPORT



Pan Fellowship  
panfellowship.org  
info@panfellowship.org

See the **SIX MHS APP** for a full list with links to meetings





## SOME RECOMMENDED READING

### SOBER *Tony Adams*

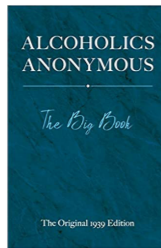


THE BRILLIANT SUNDAY TIMES BESTSELLER.

'A searingly honest account of the Arsenal legend's quest to recover from alcoholism. Unflinchingly brave.'

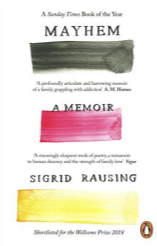
Sunday Mirror

### ALCOHOLICS ANONYMOUS *The Big Book*



Many thousands have benefited from 'The Big Book' and its simple but profound explanation of the doctrines behind Alcoholics Anonymous, which was founded in 1935 by Bill Wilson and Dr. Bob Smith.

### MAYHEM *Sigrid Rausing*



A Sunday Times Book of the Year

A searingly powerful memoir about the impact of addiction on a family.

### THE NAKED MIND *Annie Grace*



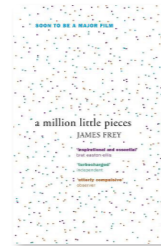
This book, without scare tactics, pain or rules, gives you freedom from alcohol. By addressing causes rather than symptoms it is a permanent solution rather than lifetime struggle.

### JUNKY *William S. Burroughs*



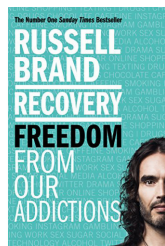
This engaging summary presents an analysis of Junkie by William S. Burroughs, a semi-autobiographical account of a young man's struggles with drug addiction.

### A MILLION LITTLE PIECES *James Frey*



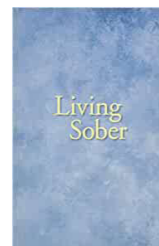
The electrifying opening of James Frey's debut memoir, A Million Little Pieces, smash-cuts to the then 23-year-old author on a Chicago-bound plane "covered with a colourful mixture of spit, snot, urine, vomit and blood."

### RECOVERY *Russell Brand*



The program in Recovery has given me freedom from all addictions and it can do the same for you.

### LIVING SOBER *Anonymous*



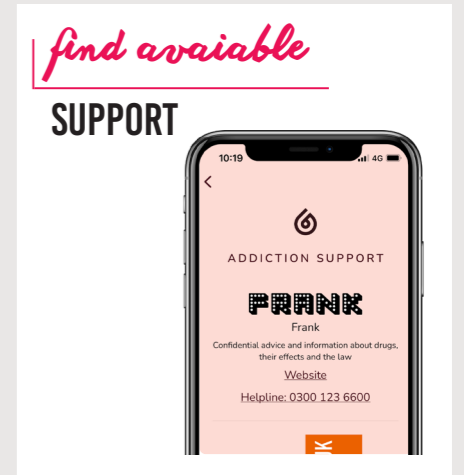
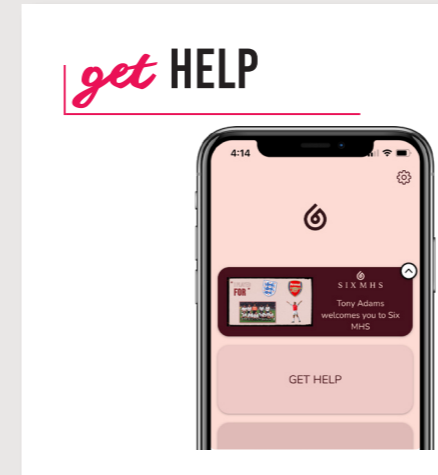
A.A.'s how-to manual for staying sober in everyday situations, this widely read booklet demonstrates through simple examples how A.A. members throughout the world live their lives to the fullest while staying sober one day at a time.

### ADDICTED *Tony Adams*



"a riveting and painfully honest read"  
Express 19/12/98

## DOWNLOAD THE SIX MHS APP



### deep dive SIX MHS SERVICES



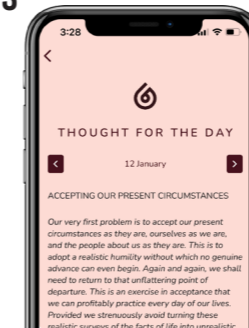
Download on the App Store



GET IT ON Google Play

### get daily wellbeing

#### READINGS



### find a support MEETING



### find a meditation

#### RETREAT



See the SIX MHS APP for a full list with links to buy



*we are here to* **HELP**

If you are concerned about your addiction and would like to talk to us about your options, please give us a call.

**0800 880 7373**

Or send us a message at: [helpline@sixmhs.com](mailto:helpline@sixmhs.com)

**ADDICTION**  
SIX MENTAL HEALTH SOLUTIONS