Are you drinking too much?

There’s a sliding scale of drinking too much but it starts at a much lower volume than most people would expect.

When does enjoying a drink tip over into something to be concerned about?

**Why not complete an online Self-Assessment at:**
www.drinkaware.co.uk/selfassessment

**For information about the effects of alcohol** www.nhs.uk/alcohol

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**For further information contact:**

**Suffolk Alcohol Treatment Service**

Mariner House,  
43 Handford Road  
Ipswich IP1 2GA  
Tel: 01473 296220  
Fax 01473 296221

Blomfield House  
Looms Lane  
Bury St Edmunds IP3 3 1HE  
Tel: 01284 775220  
Fax: 01284 775254

If you would like to find out more about the Norfolk and Suffolk NHS Foundation Trust please visit our website:  
www.nsft.nhs.uk

**In case of emergency contact your GP**

If you would like this leaflet in large print, audio, Braille, alternative format or a different language, please contact PALS and we will do our best to help.

**Product code: 13/104**

Email PALS@nsft.nhs.uk or call PALS Freephone 0800 58 55 44

Norfolk and Suffolk NHS Foundation Trust values and celebrates the diversity of all the communities we serve. We are fully committed to ensuring that all people have equality of opportunity to access our service, irrespective of their age, gender, ethnicity, race, disability, religion or belief, sexual orientation, marital or civil partnership or social and economic status.
Who are we?

Suffolk Alcohol Treatment Service is a specialist service within Norfolk and Suffolk NHS Foundation Trust.

We offer advice and structured interventions for people experiencing difficulties with their alcohol use and wanting to make changes.

What we offer?

The teams currently offer:

- Self-help information
- Alcohol Brief Interventions
- Alcohol Reduction Groups (making and sustaining changes)
- Monitoring and support for a community Detox, where clinically appropriate (working with GP’s)
- Recovery Course (Relapse Prevention- Abstinence based)
- Up to 6 Structured 1:1 Sessions
- Access to Norcas/Phoenix Futures
- Alcohol Day Programme
- Access to Tier 4 Residential Detox and/or Rehab
- Wellbeing Groups (Aftercare)

As part of Norfolk and Suffolk Mental Health NHS SATS work closely with the Suffolk Wellbeing Service, Mental Health Teams; we also work together with CRI, Open Road and WDP as part of the Suffolk Recovery Service.

The NHS Recommends

- Men should not drink more than 3-4 units a day
- Woman should not drink more than 2-3 units a day
- If you’ve had a heavy session avoid drinking alcohol for 48 hours

Regularly means drinking these amounts every day or most days of the week.

How to Access our Service:

We offer open access assessment sessions in Ipswich and Bury St Edmunds so that people can access our service when they are motivated to make changes.

The Sessions are as follows:

**Ipswich**

Monday’s 2 - 4pm
Thursday’s 10am - 12noon
Mariner House,
43 Handford Road,
Ipswich, IP1 2GA
Tel: 01473 296220

**Bury St Edmunds**

Tuesdays 10am - 12noon
Blomfield House,
Looms Lane
Bury St Edmunds, IP33 1HE
Tel: 01284 775220

We will see people on a first come first served basis.

We continue to welcome referrals from GP’s and other agencies and will then invite Service Users to attend the next available open access session.

Tips for cutting down:

- If you are drinking more than the recommended limits, try these simple tips to help you cut down.
- Make a plan
  Before you start drinking, set a limit on how much you are going to drink
- Set a Budget
  Only take a fixed amount of money to spend on alcohol
- Let them know
  If you let your friends and family know you’re cutting down and that’s important to you, you could get support from them.
- Take it a day at a time
  Cut back a little each day. That way every day you do so is a success.
- Make it a smaller one
  You can still enjoy a drink but go for smaller sizes. Try bottled beer instead of pints, or a small glass of wine instead of a large one.
- Have a lower strength drink
  Cut down your alcohol by swapping strong beers or wines for ones with a lower strengths. (ABV in %) You’ll find information on the bottle
- Stay Hydrated
  Drink a pint of water before you start drinking, and don’t use alcohol to quench your thirst. Have a soft drink instead
- Take a break
  Have the odd day each week when you don’t have a drink