

What support do we offer families?

GDAS has a team of family workers who can offer you support, from online meetings or a relaxed chat over coffee, to more intensive training programmes. We tailor our support to meet your needs,

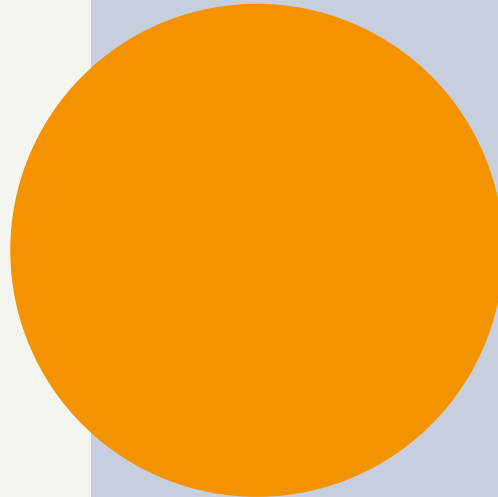
We can introduce you to other families going through similar experiences while supporting loved ones. A good support network can make you feel stronger and less alone.

if you want to widen your network we can also signpost you to additional support groups, such as Al-Anon and SMART Friends & Family, .



Since getting your help I feel so much stronger and empowered, I cannot express how grateful I am.

It has been a lifesaver to me, and transformed how I relate to my son. I find myself now helping others and repeating the lessons I have learned to anyone who needs similar advice.



Get in touch.

GDAS operates across Gwent

0333 999 3577

info@gdas.wales

www.gdas.wales

@TheGDAS



Alcohol



Withdrawal



The dangers of suddenly stopping drinking



For people who are alcohol dependant

Alcohol withdrawal can be fatal. **Never reduce your daily intake of alcohol without advice.**

It's understood that every year people die from alcohol related conditions such as liver disease. What's less known is the danger of death from alcohol withdrawal that isn't properly managed. In many cases this is the result of a seizure - a common symptom of alcohol withdrawal.

Suddenly stopping drinking can not only be fatal, but you could experience uncomfortable and dangerous symptoms such as:

Tremors / Sweats / Rapid heart rate / Hallucinations / Confusion / Dehydration / Nausea and vomiting / Seizure / Headaches / Insomnia / Restlessness / Anxiety / Stomach pain / Sudden mood changes / Involuntary muscle contractions / Increased breathing rate / Fever / Itchy skin / Fear / Fatigue / Chest Pain / Agitation / Changes or reduction in mobility



"There has been a concerning rise in incidents where well meaning family members have confiscated alcohol from a loved one with devastating effects."

DR. MOHAN DE SILVA
Lead Clinician



Join online support groups

nar-anon.org/virtual-meetings

al-anonuk.org.uk/how-do-i-get-help

smartrecovery.org.uk/smart_family_friends/

Advice For Family & Friends

It is difficult coping with a loved one's dependency. When challenged by someone's alcohol use, there is often a temptation to deny them any alcohol at all. Although you may believe you are helping, there is a possibility that this may be harmful for your loved one, causing them to go into withdrawal. **Never confiscate alcohol from someone dependent on it.**

If you have serious concerns that your loved one is experiencing severe withdrawal symptoms you should **contact 111** or **call for an ambulance.**