

# Support for Alcohol Misuse



This easy read tells you about support for **alcohol misuse**.

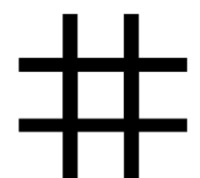
## What is alcohol misuse?



Alcohol misuse is when:



- Someone drinks too much alcohol, too often.



- Someone's drinking is causing problems.



- Someone's drinking is putting them or other people at risk.

## Do I have a problem with alcohol?



You might have a problem with alcohol if:



- You think you are drinking too much and think you should drink less.



- Other people have said bad things about your drinking.



- You feel guilty or bad about your drinking.



- You need a drink first thing in the morning.



- You need a drink to feel better or to get rid of a hangover.

## Does someone I know have a problem with alcohol?



Someone you know may have a problem with alcohol if:



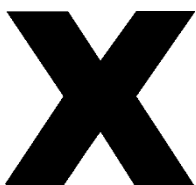
- They often drink more than 14 units of alcohol a week.



You can read more [information about alcohol units on the NHS website.](#)



- They cannot remember the night before because of their drinking.



- They cannot do things they need to do, like going to work or appointments because of their drinking.

## Treatment for alcohol problems



It is important to get treatment for alcohol misuse.



There are videos you can watch that explain why it is important.



You can [watch a video about how Change Grow Live can help](#) you.



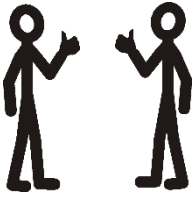
You can [watch a video of Pete's story](#). He talks about:



- How he recovered from alcohol addiction.

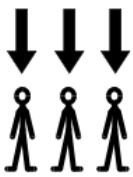


- The good things about getting treatment.



- How he helps other people.

## Getting help: Change Grow Live



Change Grow Live offers help to anyone who has a problem with drugs and/or alcohol.



Change Grow Live helps:



- Adults.



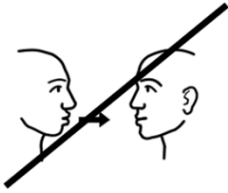
- Children.



- Families affected by someone's drug or alcohol misuse.



The support is free.



The support is confidential, which means they will not normally tell other people what you said.



Sometimes, someone might have to speak to someone else about what you said, but you can ask about when or why this might happen.

## Help you can get from Change Grow Live



- Support from recovery experts. This means people who know a lot about recovery.



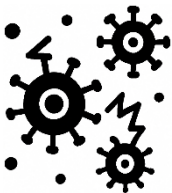
- Health support from doctors and nurses.



- A specialist family service.



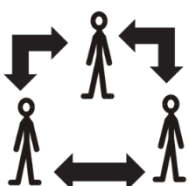
- Harm reduction and needle exchange.



- Testing and treatment for blood borne viruses.



- Access to Naloxone kits.



- Connections to other services to support your recovery.



You can visit the [Change Grow Live website](#) to ask for help – you can fill in a referral form.



There is more information on the [Change Grow Live Nottinghamshire website](#).



You can phone 0115 8960 798.



You can email [notts@cgl.org.uk](mailto:notts@cgl.org.uk)

## **Support for families, children, and young people**



If you are worried about someone's alcohol or drug use, or you are struggling to cope, the team at Hetty's can help.



Hetty's offers different kinds of support from people who know a lot about how to help.



This help gives everyone the best chance of recovering from the effects of someone else's addiction, and to get back to their normal life.



You can [find out more about Hetty's on their website.](#)

## Customer Service Centre



Our Customer Service Centre can answer most of your questions and help with information and form filling.



There are several ways to contact them, including:



**Web:** [Use our online contact form](#)



**Telephone:** 0300 500 80 80



**Relay UK**

**Text Relay:** 18001 0115 977 4050

People who have hearing or speech difficulties and prefer to communicate via text can use the Text Relay service through the [Relay UK app](#).



**SignVideo**

**Sign Video**

People who use British Sign Language to communicate can use [the SignVideo app](#) to speak with us.



Phone 0300 500 80 80 if you need the information in a different language or format.

## **Links in this document**

### **Alcohol units: NHS website**

[nhs.uk/live-well/alcohol-advice/calculating-alcohol-units/](https://nhs.uk/live-well/alcohol-advice/calculating-alcohol-units/)

### **Addiction to alcohol: Support from Change Grow Live**

[youtube.com/watch?v=6CuUoN2Urkg](https://youtube.com/watch?v=6CuUoN2Urkg)

### **Pete's Story**

[youtube.com/watch?v=XuDGAop7z1E](https://youtube.com/watch?v=XuDGAop7z1E)

### **Change Grow Live Website**

[changegrowlive.org/service/nottinghamshire-drug-alcohol/referrals](https://changegrowlive.org/service/nottinghamshire-drug-alcohol/referrals)

### **Hetty's**

[hettys.org.uk/](https://hettys.org.uk/)

### **Nottinghamshire County Council – contact us form**

[nottinghamshire.gov.uk/contactform](https://nottinghamshire.gov.uk/contactform)

## **Relay UK app**

[www.relayuk.bt.com/how-to-use-relay-uk/download-app.html](http://www.relayuk.bt.com/how-to-use-relay-uk/download-app.html)

## **SignVideo app**

[signvideo.co.uk/download](http://signvideo.co.uk/download)

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For the standard English web page version of this information, go to:

<https://www.nottinghamshire.gov.uk/care/health-and-wellbeing/support-for-alcohol-misuse>

[Support for alcohol misuse | Nottinghamshire County Council](#)

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