

Worried about someone else's drinking?

This guide provides practical information on what to do if you are concerned about someone else alcohol consumption during the lockdown.

(All information is sourced from Drink Wise Age Well)



Worried about someone else's drinking?

Starting the conversation.

Try and avoid discussing your concerns when they are under the influence of alcohol.

Instead look for opportunities such as when they express regret or talk about something bad that has happened when they have been drinking. And start off by telling them how much you love and care for them.



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If you express your concerns and they deny their problem, or become confrontational, end the conversation and try again another time.

Try and concentrate on their health and well-being rather than the alcohol, such as:

- "I have noticed you have not been sleeping very well recently, is there anything that could be causing this?"
- "Is there something you are worrying about?"

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By offering love and encouragement to someone who is experiencing issues around their drinking can be beneficial in reducing any additional harm.

Guide, rather than instruct, someone towards support and making positive changes in relation to their alcohol use. Our services are all open if that person would like professional support, during the lockdown.



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How else can I help a someone who is experiencing issues with alcohol?

- Support the individual to access their GP or self-refer to treatment services
- Reassure them that you care for and love them and are not judging them
- Continue to include them in all activities to make them feel connected with others

Worried about someone else's drinking?

Below are some signs someone may be consuming alcohol and is causing harm to their health and well-being:

- Stopped engaging with family/ friends during lockdown?
- Hiding bottles or overflowing recycling bins with empty cans?
- Are they experiencing more falls or becoming more forgetful?
- Has their general demeanor changed?
- Are they buying more alcohol than usual?

Worried about someone else's drinking?

If you are concerned about someone else's drinking, regardless of whether you are a young person or an adult, you too can access support.

Professional support can help guide you on how to help the person whom you are concerned about, as well as provide you with your own space and time to explore what impact it is having on your own health, well-being and overall life.

Drug and Alcohol services

West Wales

Adults - DDAS - 0330 363 9997

Young Persons - Choices - 01554 755779

Swansea Bay

Adults - Barod - 01792 472002

Young Persons - Choices - 01792 472002

Cwm Taf (Merthyr Tydfil & RCT)

Adults - CTDAS - 0300 333 0000

Young Persons - Sorted - 0300 333 0000

Gwent

Adults - GDAS - 0333 999 3577

Young Persons - Gwent N-Gage - 0333 320 2751



barod

#TimeToBrew

Useful websites

- Live Webchat Service - www.barod.cymru
- Concerned about a loved one's drug or alcohol use - www.the20minuteguide.com
- Information and advice for families of alcohol and drug users - www.adfam.org.uk
- Online SMART Recovery meetings - www.smartrecovery.org.uk/online-meetings
- Alcohol Anonymous - www.alcohol-anonymous.org.uk
- Drinkaware - www.drinkaware.co.uk