



Drinking too much?

Worried about your own, or someone else's, drinking?

For most people, alcohol is an occasional pleasure, however, for some of us, drinking alcohol is a way to cover up bad memories, and forget our problems.

Lots of us know a friend or family member who drinks too much. This can often cause problems and make life difficult for everyone.

Some people need a drink just to get through the day. Unless you seek help, you can become addicted to alcohol.

What are the signs?

- Continuing to drink, even when you know this is harming you, your family, your employment and your friendships.
- Experiencing unpleasant physical symptoms if you try to stop drinking such as vomiting, sickness, sweating, fits and uncontrollable shaking of the hands.
- Needing a drink when you wake in the morning.
- Spending all your time thinking about when you can have your next drink
- Not being able to stop drinking when you start.



Share Shrewsbury is a new local charity which aims to support anyone affected by alcohol addiction

What can I do?

Find someone to talk to

You can contact the helpline number for confidential support and advice

Ring on *01952 899204 (open Monday to Friday 9am-5pm)

Get Informed

Contact us by email at **Share Shrewsbury** for information and signposting to local support. Email: susan@shareshrewsbury.org

Get Involved

There are groups and activities you can join, where you can enjoy the company of others in our local community who understand about addiction. Contact us for more information about this.

We run a Friends and Family support group for those affected by someone else's drinking. Email: susan@shareshrewsbury.org to find out more.

**Drinking too much is not your fault.
Please seek help**

***We'd like to thank the Co-op,
Shrewsbury Town Council
and TACT for their support***



**Shrewsbury
Town Council**



*** TACT Helpline based in Wellington**



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