

**Do you use alcohol or drugs  
to cope with how you feel?**

**Would you like help to  
change things?**

**Derbyshire Recovery Partnership can help...**

**for free and confidential support call**

**01246 206514 or 0845 308 4010**

**[www.derbyshirerecoverypartnership.co.uk](http://www.derbyshirerecoverypartnership.co.uk)**



# You have been given this leaflet by a health care professional because they are concerned about your drinking or drug use

## What do we mean by drugs or substances?

Traditional drugs such as cannabis, heroin and cocaine; plus Novel Psychoactive Substances that were previously called 'legal highs'. It is worth remembering that there is no such thing as 'risk free' substance use and some substances can cause very severe health problems.

## What about Alcohol?

The UK Chief Medical Officer's guidance is that if you want to keep your health risks to a low level, **it is safest for you not to drink more than 14 units of alcohol per week**, spread evenly over three or more days. Regularly drinking above this amount can, over time, lead to a wide range of illnesses including: heart and liver disease, anxiety, depression and even some cancers. **Even one heavy drinking session will increase your risk of some health problems and accidents.**

If you experience alcohol withdrawal symptoms, such as: sweats, shakes or anxiety, it is important not cut down too quickly and seek help.

## Need help with cutting down? Contact us

It can sometimes be difficult to make changes by yourself and you may find it helpful to talk to someone who can support you. For advice and support or just a confidential chat with someone about alcohol or drug use, yours or someone else's please call **01246 206514** or **0845 308 4010**.

