

List of services

- Free and confidential counselling and support for people concerned about their own or someone else's drinking.
- Regular or one-off appointments with a trained and experienced counsellor on a one to one basis.
- Comprehensive assessment.
- Individual care plans based on need.
- Relapse prevention.
- Detox referral, assistance and after care.
- Guidance/tips on how to reduce your drinking.

What Happens Next?

We aim to offer appointments within two working days of receiving a referral/telephone call and do our best to fit in with your routine.

Following your initial appointment, ongoing appointments can be made if you wish to continue with seeking support from one of our counsellors.

How to make contact?

Tel: 627656 Text: 426400
Email: aas@iom.com Web: www.motiv8.im

Did you know?

- It is estimated that 1 in 13 people in the UK are dependant on alcohol
- Most people who experience drink related harm through their own drinking are NOT necessarily dependant drinkers
- At least 26% of adults in the UK consume alcohol in a way that is potentially or actually harmful to their health and well being
- Only time can eliminate alcohol from your body - it takes around one hour for one unit to be processed through your liver
- Cutting down on alcohol can reduce your risk of cancer. Alcohol is a causal factor in more than 60 medical conditions including liver, breast, stomach, mouth cancers, high blood pressure, diabetes, strokes, liver cirrhosis (ref. Alcohol Concern). It is also linked to depression and anxiety disorders
- It is estimated that each problem drinker affects at least 4 other people - with family members most often affected

Most people CAN stop or reduce their drinking

Over the last 5 years 70% of people who attended our service reported to have stopped or regained control of their drinking habits.



Could Alcohol Be Causing You a Problem?



What we can do to help...

627656
Text: 426400



AAS Isle of Man is managed by Motiv8 Addiction Services
Manx Registered Charity No. 275

aas@iom.com

Who are we?

The IOM Alcohol Advisory Service is a branch of Motiv8 Addiction Services, a registered charity on the Isle of Man established in 1979.

We offer counselling and support to anyone who is concerned about their own or someone else's drinking.

Our service is free and totally confidential. Further information regarding our confidentiality policy can be made available to you.

We are also committed to providing a safe environment and a non-judgemental service.

How do I know if I have a drink problem?

Alcohol is one of our favourite legal drugs and most of us use it for enjoyment. That's not to say alcohol is any less harmful than illegal drugs.

For some people alcohol can become a serious problem and it can be difficult to tell when 'normal' social drinking becomes 'problem drinking'.

A person does not have to be drinking all day or every day to experience harm from their drinking or alcohol-related problems.

Drinking too much can be a complex issue and many factors have to be explored, for example:

- How much alcohol a person is drinking and how often
- Reasons for drinking
- Social, health and emotional consequences related to alcohol use

Some typical warning signs could be:

- Difficulties in controlling your drinking – unable to stop or drink within recommended limits
- A need to drink large amounts to get the same effect
- Suffering from blackouts whilst drinking
- Tremors, nausea and other physical symptoms when not drinking
- You think about drinking a lot and it is an important part of your routine
- Work, home life, relationships and responsibilities are being affected – lack of interest in non drinking activities
- People comment on your drinking
- Drinking to forget worries and cope with life
- Regularly drinking above safe recommended limits
- Making unfulfilled promises to cut down
- Frequent arguments through drinking or when drinking
- Your general wellbeing is negatively affected – physically, emotionally and/or psychologically

This list is not exhaustive

If you think alcohol is causing you a problem then the chances are it probably is....

What is low risk drinking?

Men



No more than 21 units per week
3 to 4 units per day max
At least 2 alcohol free days per week

Women



No more than 14 units per week
2 to 3 units per day max
At least 2 alcohol free days per week

- 1 pub measure of spirits = **1 unit**
- 1 Alcopop 5% = **1.4 units**
- 1 75cl Bottle of 12% wine = **9 units**
- 1 pint 4% Beer/Lager = **2.3 units**
- It is not recommended that you drink to the max every week.

How can we help?

We can offer a range of services and interventions depending on individual circumstances.

Talking to an experienced counsellor may help you to get a clearer picture in your mind of what you want to do about your situation.

