



# ALCOHOL DEPENDENCY

**If you find it difficult to enjoy yourself or relax without having a drink, it's possible you've become dependent on alcohol.**

The NHS estimates that just under one in 10 (8.7%) men in the UK and one in 20 (3.3%) UK women show signs of alcohol dependence (sometimes known as 'alcoholism').

Being dependent on alcohol means you feel you're not able to function without it, that drinking becomes an important, or sometimes the most important, factor in your life.



## Access Assistance

 **0800 652 1618**

 **support@electricalcharity.org**

Available 7 days a week offering free and independent assistance for virtually any problem or issue you may encounter. Our trained advisors assist everyone with respect and empathy.

# ALCOHOL DEPENDENCY



## Here is an example:

Terry is a 42-year-old branch manager with a very active social life. Almost every night of the week, Terry can be found at some sort of festivity that is at a bar, club or restaurant. At all of these occasions, liquor is present. Terry often jokes about how he must look like an alcoholic because in most pictures he is holding a drink. Terry often gets so messy at work functions he is unable to stand.

Terry is in a state of denial about his drinking problem. The main issues here include the following:

- Inability to stop drinking
- Inability to see conflicts arising subsequent to drinking
- Spending excessive money on drinking to the point of putting himself in a financially precarious position
- Jeopardising existing relationships
- Damaging potential future relationships
- Does not correlate his poor decisions with the outcomes they procure
- Not understanding the concern those around have for him and his poor behaviour

Terry continues to drink excessively, regardless of the concern expressed by his family and friends. He holds that he does not have a problem and does not seek help. In the long term, Terry is never able to find a more secure job position or maintain a serious romantic relationship with any woman he meets. The issues here are many. Terry's inability to stop drinking will also eventually erode his body functioning. This will result in a financial strain on Terry, his family and society. The most common health risks for alcoholics include strain on the liver and kidneys.

**Do you know someone like Terry?**

**Have you ever been told that you drink too much?**

**Have you ever taken on a challenge like 'dry July'?**

## Handling alcohol dependence

Like many other drugs, alcohol can be both physically and psychologically addictive. These are some signs to look out for that may suggest you're becoming dependent on alcohol:

- Worrying about where your next drink is coming from and planning social, family and work events around alcohol.
- Finding you have a compulsive need to drink and it hard to stop once you start.
- Waking up and drinking - or feeling the need to have a drink in the morning.
- Feelings of anxiety, alcohol-related depression and suicidal feelings - these can develop because regular, heavy drinking interferes with neurotransmitters in our brains that are needed for good mental health.
- Suffering from physical withdrawal symptoms, such as sweating, shaking and nausea, which stop once you drink alcohol.

## EIC support services

Telephone counselling

Rehab support

Support for family and friends of alcoholics

Cognitive behavioural therapy (CBT)

**Don't be like Terry,  
seek help now.**