

**If you often go to
A&E because of
ALCOHOL, remember
the phrase: 'BE
OPEN'**

1. **B**e open about your drinking.
A&E staff won't judge you and they need to know if alcohol is causing you problems.
2. **E**veryone will be treated for urgent physical health problems in A&E. Staff will help you if you are in pain - that is why they are there.
3. **O**nly call an ambulance if you have no other way of getting to hospital. Hospital transport is expensive so you will probably have to make your own way home. Try to remember some money and house keys.
4. **P**atience is needed whilst waiting in A&E. Doctors & nurses are busy - this is the same for everyone.
5. **E**mergency departments are not the best places to get help with drinking. It is better to get support from a specialist alcohol service.
6. **N**ext steps. Use the following contact details to get in touch with a specialist alcohol worker.



This service is available in your area:

Name: _____

Contact number: _____

Email: _____

Website: _____

Address:

Additional comments: _____

**Please don't be afraid to ask
for help.**

If you are in need of urgent medical attention, always call 999 or visit your nearest hospital.

If it's a non-urgent health problem, you could call 111.

If it's mainly a drink-related problem, seek help from a specialist alcohol service.

