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

- 1. Be open about your drinking.

 A&E staff won't judge you and they need to know if alcohol is causing you problems.
- 2. Everyone 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.
- 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. Patience is needed whilst waiting in A&E. Doctors & nurses are busy this is the same for everyone.
- 5. Emergency departments are not the best places to get help with drinking. It is better to get support from a specialist alcohol service.
- **6.** Next 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	
Additional comments:	
Please don't be afraid to ask	
for help.	
If you are in need of <u>urgent</u> medical	
attention, always call 999 or visit your nearest hospital.	
	J
nearest hospital.	
)
If it's a non-urgent health problem, you	
If it's a non-urgent health problem, you	
nearest hospital. If it's a non-urgent health problem, you could call 111.) >
If it's a non-urgent health problem, you	3
If it's mainly a drink-related problem, seek	3
If it's mainly a drink-related problem, seek	3

This leaflet is based on findings from a research project funded by Alcohol Research UK and conducted by researchers at King's College London. The study was designed to increase understanding of the needs of people who frequently attend A&E because of alcohol. Service users from the Aurora project (Lambeth) advised on the design of the leaflet. You can find out more about the study by contacting Dr Tom Parkman: thomas parkman@kcl.ac.uk, National Addiction Centre, 4 Windsor Walk, Denmark Hill, London, SE5 8BB.