



IF YOU WOULD LIKE HELP WITH ALCOHOL DEPENDENCE



# signs of alcohol **DEPENDENCE**

- **WORRYING.** About where your next drink is coming from and planning social, family and work events around alcohol.
- **A STRONG NEED OR COMPULSION TO DRINK.** Finding it hard to stop once you start.
- **WAKING UP AND DRINKING.** Or feeling the need to have a drink in the morning.
- **SUFFERING FROM WITHDRAWAL.** Symptoms such as sweating, shaking and nausea, which stop once you drink alcohol.

If you're worried that you or someone else is drinking too much or have any of these symptoms of alcohol dependence, talk to your GP or seek further information from:

[WWW.DRINKAWARE.CO.UK](http://WWW.DRINKAWARE.CO.UK)



For more self-help material & service info:

[better@wellbeing-glasgow.org.uk](mailto:better@wellbeing-glasgow.org.uk)

[WWW.WELLBEING-GLASGOW.ORG.UK](http://WWW.WELLBEING-GLASGOW.ORG.UK)

