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.

3. Only 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. 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:__________________________

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.