

Alcohol harm reduction advice

Some people who drink at High Risk Levels are not always ready or might be unwilling to seek help. If you are worried about a person's drinking, please be aware of the following harm reduction advice.

The Alcohol Use Disorders Identification Test (AUDIT-C) is a simple screening tool (three questions) designed to help people identify potential alcohol-related problems.

Score 5+ = positive screen

(5-7 indicates increasing risk, 8-10 indicates higher risk, 11-12 indicates possible dependence).

If you have a score of 5 or more and time permits, complete the remaining alcohol harm questions below to obtain a full AUDIT score.

Please refer to the local specialist Change Grow Live (CGL) treatment service for anyone scoring in the 'higher risk and/or possible dependence' category.

The safest way to reduce is with specialist treatment support but please follow the advice below if the person is reluctant to access treatment. Individuals drinking at high levels should avoid suddenly stopping drinking without medical advice due to risks from alcohol withdrawal.

Check if the person is taking Thiamine (vitamin B1), if they are not, please encourage them to contact their GP. Thiamine supplementation is vital to prevent severe and irreversible brain damage in heavy drinkers.

Encourage those that drink alcohol at risk levels to eat regularly, hydrate regularly by drinking water, avoid mixing alcohol with other substances, drink in a safe environment, monitor drinking levels and have regular health checks. Build trust and have regular conversations about the benefits of seeking specialist support.

AUDIT C alcohol screening tool



Alcohol use disorders identification test for consumption (AUDICT C)



<https://tinyurl.com/auditc-alcohol-screening-tool>

Local specialist treatment services across Cambridgeshire and Peterborough

CGL Cambridgeshire

www.changegrowlive.org

Phone: 0300 555 0101

Email: cambridgeshirereferrals@cgl.org.uk

CGL Aspire (Peterborough)

www.changegrowlive.org

Phone: 01733 895624 | Freephone: 0800 111 4354

Email: peterborough@cgl.org.uk

Safeguarding

If you have safeguarding concerns (professional or a member of the general public), please contact the Cambridgeshire and Peterborough Safeguarding team.

www.safeguardingcambspeterborough.org.uk/concerned/

