CLÍNICA VIVALDI · FREE SHEET · ADDICTIONS

Alcohol use disorder

Pattern of alcohol use that causes problems: drinking more than intended, failed attempts to control it, intense craving, tolerance or abstinence.

COMMON SIGNS

- Drinks more than intended
- Finds it hard to cut down or stop
- Problems with health, work or family

TIPS FOR YOU

1. If you drink heavily, never stop suddenly: withdrawal can be dangerous, get medical advice first
2. Keep track of how much and when you drink
3. Seek professional support and self-help groups

FOR FAMILY AND FRIENDS

1. Talk when they're sober, without blame
2. Don't cover up the consequences or make excuses for them

WHEN TO ASK FOR HELP

1. If there is shaking or confusion when stopping: emergency services
2. If you drink heavily, never stop suddenly: get medical advice first

TO OBSERVE AND NOTE DOWN

☐ I drink more than I intended
☐ I have tried to cut down and can't
☐ I spend a lot of time drinking or recovering
☐ I feel a strong urge to drink
☐ Drinking has caused me problems at home or at work
☐ I need to drink more to feel the effect
☐ If I don't drink, I shake, sweat or get nervous
☐ I keep drinking even though it harms me

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-por-consumo-de-alcohol
- Full article: Alcohol use: clinicavivaldi.com/en/trastorno-consumo-de-alcohol
- Alcoholics Anonymous Spain: https://www.alcoholicos-anonimos.org/
- Spanish National Plan on Drugs: information and resources: https://pnsd.sanidad.gob.es/
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112