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# Priory Hospital Hayes Grove

## Alcohol awareness day care group

Hayes Grove's alcohol awareness group is a 6-week programme, specifically designed to help those who feel that their alcohol units have increased to unsafe limits. Participants may feel that they do not wish to stop drinking completely, but would like to bring their alcohol units down, regain more control over what and when they drink, and may need a little support to do this successfully.

### Programme overview

The group is designed for those who have not yet come to a point of physical dependency, but feel that they often rely on alcohol as a coping tool to help with daily stresses and to cope with underlying emotional and psychological issues, often termed as self-medicating.

- + Each week, a different topic will be brought to the group to develop participants' awareness around their alcohol use
- + The group also allows participants a safe space to explore triggers and to learn how to manage cravings better
- + All participants in the group will have a common goal - to 'cut down' - and with our support, we hope to make that journey as comfortable and as safe as possible



## Programme focus

We feel that by developing insight, participants will be **more equipped to manage the issues** they may have with alcohol and allow them to develop more productive and healthier coping tools.

**It is not advised to suddenly stop drinking or to reduce dramatically**, as to do so could create other, more serious health risks. Instead, participants are encouraged, with our support, to make their own weekly plan that allows their units to safely and slowly reduce over the course of the programme, at a pace that is comfortable and safe to do, with participants taking back control from the start.

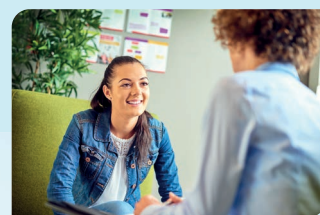
Throughout this group programme, a team of **qualified addiction therapists** will support participants to plan a period of safe reduction and will be on-hand to provide advice and guidance on **medically assisted detoxification**, should participants find safe reducing too difficult.



## UK guidelines

Participants are also encouraged to set their own goals and targets, being mindful that in the UK, the following suggestions have been put forward from the Department of Health and are accepted by the UK Chief Medical Officers (CMO):

- + Men are now advised to drink no more than 14 units per week to keep their health risks at a low level. This is the same level advised for women
- + It is best to spread the amount of alcohol consumed over 3 days or more and to have several alcohol-free days a week



## Referral process

Insured and self-paying patients are welcome. If you have private medical insurance, you should check the cover of your individual policy.

Free day care assessments are readily available and patients wishing to attend will be invited to attend a one-off assessment with a qualified therapist prior to joining the programme.

For more information on costing, to discuss all therapy options, or to book a free day care assessment, please contact Priory Hospital Hayes Grove:

**Tel: 020 8462 7722**

**Email: [hayesgrove@priorygroup.com](mailto:hayesgrove@priorygroup.com)**

For the most up to date information on our services, please visit our website.

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