

# Managing Withdrawal

## Some advice from our Alcohol and Other Drugs team

In these uncertain times there is the potential for harms associated with alcohol and other drugs to increase. Some people may find themselves drinking or using substances more to cope with anxiety, negativity, stress and the changing environment.

- **Drinking more?** Please be aware that if your alcohol consumption has increased in recent weeks there's a chance you will experience some withdrawal symptoms if you suddenly stop.

**Withdrawal :** It is important to look after yourself in isolation and watchout for any warning signs around withdrawal from drugs and alcohol.

- **Take care**, any withdrawal should be done with care and the support of your GP. If you are isolated and withdrawing by choice or through lack of access please **don't stop suddenly**. Instead, cut back on what you're taking bit by bit.
- **Be aware of the 'shakes'**, the shakier you are the closer you are to having a seizure. If you have excessive shaking take action by calling your GP, family or a friend sooner rather than later. If it's really bad **call 000** straight away.
- **Look out for each other**, families or friends concerned a person's condition is worsening should take them to the emergency department or call an ambulance if their condition deteriorates or they start to have a physical reaction such as excessive shaking.



### Staying connected

- In times of crisis and increased stress, maintaining and strengthening social connections has never been so important. While we may not be able to connect in the more traditional ways, options include virtual catch-ups, scheduled phone calls, online games and sharing activities.

### Seeking support: We're still here for you.

- Swan Hill District Health Counselling Dept. AOD Service 50339880.
- ACSO (1300 022 760) to do an intake for the Alcohol and Other Drug Service in the Swan Hill area.
- Electronic resource: [headtohealth.gov.au](http://headtohealth.gov.au)
- DIRECTLINE 1800 888 236 (24 hour service) can also be contacted for Alcohol and Other Drug Information and Counselling Service.
- For medical emergencies please phone the Accident and Emergency Department, Swan Hill District Health on 5033 9231.
- If you are experiencing suicidal or self-harming thoughts, please phone Mental Health TRIAGE (24 hour Service) on 1300 363 788.
- Generalist Phone Counselling please phone LIFELINE 13 11 14 (24 hour service).
- Concerned Family member; Family Drug Help Line – 1300 660 068

#### FOR MORE INFORMATION :

Counselling Department | Swan Hill District Health

Phone: [03 5033 9880](tel:0350339880) | Email: [CReception2@shdh.org.au](mailto:CReception2@shdh.org.au) | Web: [www.shdh.org.au](http://www.shdh.org.au)



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