

# Alcohol: Withdrawal

Know the symptoms. Make a plan to stay safe.



## MILD SYMPTOMS: Stay Home & Rest

- Headaches
- Nausea
- Difficulty sleeping
- Difficulty concentrating
- Feeling restless, anxious, agitated



## MODERATE SYMPTOMS: Call 811 Healthline

- Vomiting
- Diarrhea
- Sweating
- Tremors
- Low mood



## SEVERE SYMPTOMS: Call 911

- High blood pressure or rapid heartbeat
- Delirium Tremens (DT's) - which may include agitation, confusion, disorientation, & hallucinations
- Seizures
- Loss of consciousness



## MAKE A PLAN TO STAY SAFE

- Reach out to someone you trust for support.
- Plan daily activities to keep busy; this can reduce cravings.
- Reduce your alcohol use slowly, rather than stopping suddenly.
- If symptoms become severe, seek immediate medical support.

YOU ARE NOT ALONE. WE'RE HERE TO HELP.



Rapid access to mental health & addictions counselling 'one session at a time'. Find a location, visit the Service Directory on [Bridgethegap.ca](https://www.bridgethegap.ca) or call 811.

Bridge  the gapp.ca

Your go-to website for mental health information, online programs, & connection to local supports & services.