Why?

SHAAP wanted to enable heavy drinkers lacking support due to the pandemic to self-manage alcohol reduction and/or withdrawal as safely as possible.



Stigma and marginalisation

Alcohol dependency - risk of withdrawal

Financial burden of drinking

Social problems, such as unemployment and divorce

> Wide-ranging health harms from drinking

Lack of support, with alcohol services disrupted/halted

> **Increased levels of loneliness and isolation**

Increased risk of COVID-19 infection

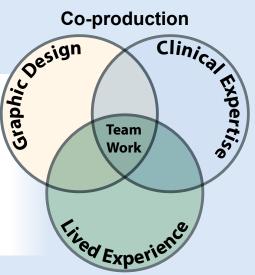
Vulnerable to poor health outcomes if infected

Alcohol-related health conditions may have worsened due to the pandemic

How?

SHAAP staff and clinical experts in our Steering Group rapidly produced this new advice in March 2020 ready for use, drawing on lived experience to ensure it met the needs of people who drink heavily.

Co-production



Step-by-step guidance



Impact

Our guide is a clear example of how impactful, well-informed and quickto-adapt the third sector is when faced with a dramatically changing situation.

5000+ downloads from SHAAP's website

Shared by





As evidence emerges of polarisation in drinking during the pandemic (with heavier drinkers thought to be drinking even more), it's clear that more needs to be done. SHAAP will continue to work with stakeholders to ensure relevant signposting and guidance is provided in ways that suit heavy drinkers.

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