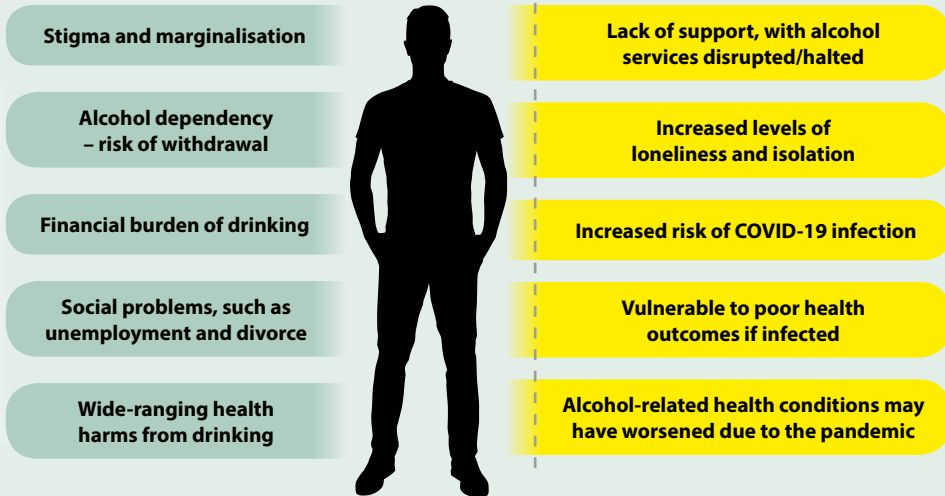


# SHAAP's advice for heavy drinkers who are thinking about cutting back or stopping drinking alcohol

## Why?

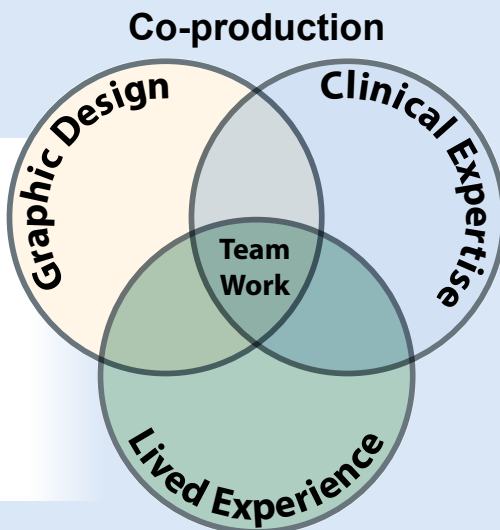
SHAAP wanted to enable heavy drinkers lacking support due to the pandemic to self-manage alcohol reduction and/or withdrawal as safely as possible.

## Heavy drinkers and COVID-19



## 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.



## Step-by-step guidance



## Impact

Our guide is a clear example of how impactful, well-informed and quick-to-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.