

Background

Client referred himself to Arun Wellbeing for support to stop drinking completely. Over the last few years he had cut down from over 200 units per week to around 16 units per week but just couldn't curb the habit of a few beers a few nights a week.

Goal

To be abstinent for the whole of 2021 by kicking off with Dry January.



**Kicking off with
Dry January 2021**

Support



Weekly phone calls starting at the end of 2020 where we discussed motivation to stop drinking, situations that may lead him to wanting a drink and coping strategies when these arise. During January client had to deal with difficult situations such as a car accident, a period in isolation due to Covid-19 and a very large workload increasing his stress. During our weekly chats we would talk through the situations that had arisen the past week and plan for the week ahead.

Outcome

Client stopped drinking on January 1st and although faced some challenging times he stated he felt as though his 'mindset' had changed with the support from the Alcohol advisor and he did not drink through the whole of January with the intention to carry this on for the whole of 2021.

Figures

| | Dec 2020 | Feb 2021 |
|-------------------------|----------|----------|
| Audit C | 17 | 3 |
| Psychological health | 10/10 | 13/10 |
| Physical health | 5/10 | 6/10 |
| Overall quality of life | 10/10 | 12/10 |