



HOW TO MAKE THE MOST OF THE SELF-HELP OR INFORMATION LEAFLETS

This guide has been developed to help you get the most out of this written information like:

- Alcohol and You Fact Sheets,
- Alcohol Brief Advice Leaflets
- Self- help workbooks,
- Take 5 material
- Live Life to the Full booklets.

Well done for taking them it's important to stress right from the beginning that what you do with the material is entirely up to you.

No two people are affected by alcohol, drug or mental health problems in exactly the same way.

These resources are intended to help you find out as much as possible about issues that affect you or someone you care about or use self-help material that you can do on your own or with someone's help.

Knowledge is power and our intention is to help you expand your level of knowledge and understanding in what can be troubling and worrying issues.

Here are 8 suggestions to help you make the most of these tools:

1. Find a quiet time and place to read it where you won't get disturbed or distracted.
2. Read it as many times as you need to in order to understand the information in it.
3. If there is anything in it all at that you do not understand or agree with talk it over with your key worker or someone you trust.
4. Please don't put yourself down in any way if there is something you don't understand. That happens to us all.
5. Try to do any exercises suggested in them. Don't worry about doing them 'right' or 'wrong' — any effort you make is better than no effort at all.
6. Keep notes or a diary to help you remember key things that you are reading. You can share this with your key worker if you are working with someone.



Giving advice and using written leaflets or workbooks is a common practice in working with people in helping them change. What can you do that will help you get the most out of it?

7. Give yourself praise for any achievements you make, however small, rather than criticism for any setbacks.

8. DON'T GIVE UP! You may be trying to change habits of thinking and behaviour that have been part of your life a long time. Changing these habits can take time take time and effort.

For more information see

For drug and alcohol services in Northern Ireland see

www.drugsandalcoholni.info

and click on the 'Services Near You'

If you are worried see your GP, use the alcohol and drug services in you area which can be found at www.drugsandalcoholni.info

or see the Alcohol and You website that has self-help and a range of information and resources.

www.alcoholandyouni.com

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It is our hope that this material helps you achieve what is important to you.