

MEN'S MINDS / ALCOHOL & COPING

When Drinking Becomes the Way You Cope

Having a drink to unwind does not automatically mean there is a problem. It may help to notice what alcohol is doing for you: easing stress, quieting thoughts, helping you sleep or making difficult feelings feel further away. If drinking is becoming one of your main ways of coping, support is available.

You might recognise

Drinking more or more often than you planned	Using alcohol to manage stress, anger or low mood
Finding it difficult to relax without a drink	Keeping drinking secret or feeling regret afterwards
Noticing effects on sleep, health, work or relationships	Worrying about cutting down or stopping

A small next step

Try noting what was happening before you drank, what you hoped alcohol would change and how you felt afterwards. This can help you talk about the pattern without judgement. A GP or local alcohol service can help you choose a safe next step.

Where to turn for support

Space to Breathe Therapy	If something here feels familiar and you feel a connection with Space to Breathe Therapy, you're welcome to get in touch and explore whether support feels right for you. 07761 272645 maggie@spacetobreathetherapy.co.uk Contact page
NHS alcohol support and Drinkline Speak with your GP or find a local alcohol service. Drinkline offers free, confidential support for concerns about your own or someone else's drinking: 0300 123 1110. NHS alcohol support	Health and emotional support Important: if you drink heavily or get shaking, sweating, sickness or anxiety when you stop, get medical advice before cutting down or stopping suddenly. Severe withdrawal symptoms need emergency help - call 999.

Urgent help in England: If you need urgent mental-health help and it is not an emergency, call NHS 111 and select the mental-health option. If you or someone else is in immediate danger, call 999 or go to A&E. Samaritans offer free, 24-hour listening support on 116 123. Elsewhere in the UK, use your local urgent mental-health service.

Sources: [NHS - alcohol support](#) | [NHS - alcohol-use disorder](#)