



5 Tips

To Protect Your Brain

1



Thiamin

If you are DRINKING more than the daily recommended safe amount, think about taking a daily dose of Thiamin. It can prevent severe and permanent brain damage to key areas of the brain

2



Withdrawal Management

Whilst stopping drinking abruptly, can be dangerous, you should definitely try to REDUCE the amount you are drinking, try to taper down over the period of a couple of weeks. Go see your doctor who can help with a 'medical taper'. There are medications that can help you with withdrawals. This is called WITHDRAWAL MANAGEMENT

3



Exercise at least 10 minutes a day.

Exercising has an influence on your brain, on your mood, AND releases endorphins, these are the body's natural pain killers.

4



Naloxone aka Narcon

If you drugs with as well as alcohol, be aware that FENTANYL has shown up in over **80%** of all drugs!! Get a TAKE HOME NALOXONE KIT. Contact CIRP we can provide you with a kit.

5



Speak To Someone!

Talk to a mental health professional. CIRP has professionals who can help and guide you to help either reduce or stop. You're not alone!