

Getting ready for your appointment

Here are some tips that can make it easier for you to communicate with a health care provider. If you have a friend or family member supporting you and going with you to some of your appointments, it can be useful for them to read this checklist too.

Get informed:

- Understanding how alcohol can impact your health and well-being can help you make more informed decisions when talking to a health care provider. Before your appointment, read up about alcohol use and its impact on health and well-being.

Think about what you want:

- Take some time to think about what you want to achieve. It could be cutting back on alcohol, quitting completely or improving your overall well-being. When you have a clear idea of your goals, it can make it easier to communicate them to others.

Write things down:

- Before reaching out for help, write down any questions or worries you may have. When you meet with your doctor or nurse, you can look at your notes to make sure you don't forget to bring up any important points.

Be honest:

- When talking to health care professionals, it's important to be open and honest about your alcohol use. Most providers want to help you, and if you tell them the truth, they'll be able to give you care that is best suited to you and your situation.

Seek non-judgmental environments:

- Try to find organizations or treatment centres that have a non-judgmental and supportive atmosphere. This will make it easier for you to feel comfortable and understood. If that's not possible, try to find support from resources online.

Involve someone you trust:

- If you're feeling anxious or overwhelmed, consider asking for help from a trusted friend, family member or other support person. They can go with you to appointments, help you ask questions and take notes. They can also offer emotional support and help you navigate the process.

Find support networks:

- Look for people or groups of people who have gone through some of the same struggles as you. They can be a source of support, understanding and inspiration on your journey to wellness. They can help you stick to your treatment plan and stay focused on your goals. Plus, they can check up on you regularly to see how you're doing.
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