If you have drunk again

A caring plan for your next step

You still deserve help

Drinking again does not wipe out what you have learned. It is a reason to reconnect with support and look at what needs to change. You do not have to wait until things get worse or hide because you feel ashamed.

Put immediate safety first

Do not drive after drinking. Arrange safe transport and support. If someone is unresponsive, breathing slowly or irregularly, or having a seizure, call 000. Do not assume they can sleep it off.

Tell someone and arrange care

Contact a trusted person or recovery professional. Try: "I have drunk again and I need help with my next step." If dependence or withdrawal may be involved, get medical advice before suddenly stopping or cutting down.

Review with curiosity, then change the plan

When you are safe and clear enough, look at what happened before the drink. Was there stress, isolation, a risky situation or a gap in support? Use what you notice to make one practical change with your support team.

Before you change your drinking

If you drink heavily or regularly, need alcohol to feel steady, or have had withdrawal before, speak with a doctor before stopping or sharply reducing. Alcohol withdrawal can be life-threatening. Shaking, sweating or feeling unwell after cutting down needs prompt medical advice. Call 000 for seizures, severe confusion or hallucinations.

Australia: Alcohol and Other Drug Hotline 1800 250 015 (free, confidential advice). Lifeline 13 11 14 (24/7 crisis support). Call 000 if there is immediate danger or a medical emergency.

Make it personal

Write a few words. You can leave questions blank or talk them through with someone.

Who I will tell and how I will contact them...

My immediate safety or medical needs...

What was happening before I drank?

What support was missing or hard to use?

One change I will make and my next support appointment...

You do not have to do this alone.

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Safety and support sources: healthdirect.gov.au/alcoholism; adf.org.au/insights/safely-withdrawing-alcohol/; lifeline.org.au/131114; medicarementalhealth.gov.au/provider/national-alcohol-and-other-drug-hotline-16469. Checked 1 October 2026.