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**Stories Behind the Bottle:**

**Alcohol and stigma training pack information sheet**

**Further reading on alcohol, mental health and stigma**

If you are interested in reading more about stigma and alcohol, please take a look at some of the links to resources and published articles below.

1. **FURTHER READING**

Crapanzano K1, Vath RJ, & Fisher D. (2014). Reducing Stigma Towards Substance Users Through an Educational Intervention: Harder Than It Looks. Acad Psychiatry. Mar 12. [Epub ahead of print]

G. Gilchrist, J. Moskalewicz, S. Slezakova, L. Okruhlica, M. Torrens, R. Vajd, & A. Baldacchino (2011). Staff regard towards working with substance users: a European multi-centre study. Addiction, 106 (2011), pp. 1114–1125

Leeman, R.F., Grant, J.E. & Potenza, M.N. (2009) Behavioral and neurological foundations for the moral and legal implications of intoxication, addictive behaviors and disinhibition. Behavioral Sciences & the Law, 27 (2), 237-259.

Neale, J. Parkman, T. Day, E. and Drummond, C. (2016) Socio-demographic characteristics and stereotyping of people who frequently attend accident and emergency departments for alcohol-related reasons: qualitative study, Drugs: Education, Prevention and Policy*.*

Room, R., Babor, T. & Rehm, J. (2005) Alcohol and public health. The Lancet, 365 (9458), 519-530.

van Boekel LC, Brouwers EP, van Weeghel J & Garretsen HF. (2014) Healthcare professionals' regard towards working with patients with substance use disorders: comparison of primary care, general psychiatry and specialist addiction services. Drug Alcohol Depend. 2014 Jan 1;134:92-8. doi: 10.1016/j.drugalcdep.2013.09.012. Epub 2013 Sep 23.

Thornicroft, G. Rose, D. Kassam, A. Sartorius, N. (2007). Stigma: ignorance, prejudice or discrimination?

The British Journal of Psychiatry Feb 2007, 190 (3) 192-193; DOI: 10.1192/bjp.bp.106.025791

van Boekel LC1, Brouwers EP, van Weeghel J & Garretsen HF (2013). Stigma among health professionals towards patients with substance use disorders and its consequences for healthcare delivery: systematic review. Drug Alcohol Depend. 2013 Jul 1;131(12):23-35. doi: 10.1016/j.drugalcdep.2013.02.018. Epub 2013 Mar 13.

1. **USEFUL RESOURCES**

**NHS Choices**

Alcohol support

<http://www.nhs.uk/Livewell/alcohol/Pages/Alcoholsupport.aspx>

Caring for someone with an alcohol problem

<http://www.nhs.uk/Livewell/alcohol/Pages/Caringforanalcoholic.aspx>

Treating Alcohol Misuse

<http://www.nhs.uk/Conditions/Alcohol-misuse/Pages/Treatment.aspx>

The Stand Up Kid (mental health and stigma in children)

<http://www.nhs.uk/video/Pages/the-stand-up-kid.aspx>

**Time to Change campaign**

<https://www.time-to-change.org.uk/>

**Mental Health Foundation**

<https://www.mentalhealth.org.uk/a-to-z/s/stigma-and-discrimination>

<https://www.mentalhealth.org.uk/sites/default/files/actions_speak__louder_0.pdf>

**Royal College of Psychiatrists**

Stigmatising attitudes to mental health, by Professor Sir Simon Wessely

<http://www.rcpsych.ac.uk/discoverpsychiatry/thepresidentsblog/stigmatisingattitudes.aspx>

Professor Graham Thornicroft speaks to Howard Ryland about stigma and discrimination around mental health

<http://www.rcpsych.ac.uk/discoverpsychiatry/podcasts/stigmaanddiscrimination.aspx>

1. **WHERE TO SEEK HELP**

**NHS Choices**

<http://www.nhs.uk/Livewell/alcohol/Pages/Alcoholsupport.aspx>

**Alcoholics Anonymous**

<http://www.alcoholics-anonymous.org.uk/>