
Safety Flags at a Glance

Safety flags appear right after advice that could cause real harm for some people. The table below lists every safety flag in the book, with page numbers so you can find them again quickly. Safety flags are separate from evidence labels.

Safety flag	Page
Stopping alcohol suddenly when you are dependent	p. 6 (Ch. 1)
Alcohol, depression and suicidal thoughts	p. 21 (Ch. 3)
Alcohol with sleeping pills, sedatives or opioid painkillers	p. 29 (Ch. 4)
Alcohol during pregnancy or when trying to conceive	p. 31 (Ch. 4)
A high AUDIT score or signs of dependence	p. 40 (Ch. 5)
When not to choose turning it down	p. 56 (Ch. 7)
Stopping alcohol suddenly when you are dependent	p. 62 (Ch. 8)
Signs of withdrawal that need emergency help	p. 63 (Ch. 8)
Using someone else's sedatives to withdraw on your own	p. 66 (Ch. 8)
Withdrawing on your own with liver disease, heart disease or another serious illness	p. 66 (Ch. 8)

Safety flag	Page
Naltrexone and opioid medicines	p. 75 (Ch. 9)
Disulfiram and alcohol, including “hidden” alcohol	p. 76 (Ch. 9)
Alcohol medicines with liver or kidney disease	p. 76 (Ch. 9)
When the person who drinks is violent or threatening	p. 85 (Ch. 10)
Before you start 30 days without alcohol	p. 92 (Ch. 11)
“alcohol-free” drinks can still contain some alcohol	p. 103 (Ch. 12)
Drinking again after a break	p. 110 (Ch. 13)
