



# Al-Anon family groups

## Are you affected by someone else's drinking?

- ▶ Do you ever feel embarrassed by the drinker's behaviour?
- ▶ Do you make excuses for the drinker and take on their responsibilities?
- ▶ Do you ever feel desperate and alone?
- ▶ Are you ashamed of your situation?
- ▶ Do you ever feel sorry for yourself; inadequate, guilty, worried?
- ▶ Are you losing sleep?
- ▶ Are you tired, nervous, depressed?
- ▶ Are you short-tempered and frustrated at times?



## What can be done?

Al-Anon Family Groups offer understanding to anyone whose life is, or has been, deeply affected by someone else's drinking.

If you need help or would like further information or details of local groups, please call the confidential helpline (10am to 10pm daily) on: 020 7403 0888 or visit Student Services where a member of the team can find out for you the details of local support group meetings.

Email enquiries@al-anonuk.org.uk

**Please don't suffer alone.**

[www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)

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**Al-Anon**  
**meetings**

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