



Is drinking a problem in your home?

"My partner's drinking does my head in. I think there's a problem..."

"I wish I could talk to someone I could trust about my partner's drinking..."

"I feel sometimes I don't know this person anymore..."

Questions for partner, relatives or friends of a problem drinker

- Do you worry about your partner's drinking?
- Does your partner's drinking and your response to it make the atmosphere in the home tense and anxious?
- Are you afraid of physical or verbal abuse when your partner is drinking?
- Are you attempting to control your partner's drinking?
- Are you taking responsibility for the consequences of your partner's drinking? e.g. paying bills, overworking...
- Do you keep putting off seeking help for your family's problems?

If you answered Yes to these questions, see the 3C's and the advice on the back which may help.

REMEMBER THE 3C'S

You can't **Control** someone else's drinking pattern.

You don't **Cause** someone else to drink.

You can't **Cure** someone else's problem.

WORRIED? – contact your local Health Board Alcohol and Addiction Counselling services.

When drinking is a problem in the home...

- It is often kept as a secret even within the family so talk to one another about what's really happening.

- Family members are often confused about their experiences. Talk to someone who understands drinking problems.
- Family members may not be able to express their own feelings. Trust your own feelings.

REMEMBER

- You are not alone.
- You are not to blame.
- Your relative's drinking is not your responsibility.
- Contact your local alcohol counselling service or your GP for confidential help and advice.

ALCOHOL SERVICES

Contact your Health Board for information on local Alcohol and addiction Services.

OTHER SOURCES OF HELP

Al-Anon

Fellowship for relatives & friends of the problem drinker.

5 Capel St.

Dublin 1

Tel: 873 2699

Hours: 10.30 am – 2.30 pm Mon - Sat

Alateen

Fellowship for children of problem drinkers

5 Capel St.

Dublin 1

Tel: 873 2699

Hours: 10.30 am – 2.30 pm Mon - Sat