



WORRIED ABOUT YOUR PARENTS DRINKING

“when Dad’s been drinking he changes and I hate it....”

“My home is a mess, I’m too embarrassed to invite my friends over...”

“I wish I had someone I could trust to talk to about mum’s drinking...”

When there is a drinking problem in the home sometimes young people experience the following....

- Being unable to concentrate at school because of worry about parent’s drinking.
- Being afraid of verbal abuse or physical violence when the parent has been drinking.
- The need to protect the non-drinking parent from physical/verbal abuse.
- Feeling different from friends because of the situation at home.
- Feeling like leaving home sometimes because the atmosphere is frequently tense and anxious.
- The entire situation can sometimes leave a young person feeling anxious, frustrated and depressed.
- Sometimes young people find that holidays and family times can be a strain due to a parental drinking problem.

If you recognise any of these problems the advice on the back may help.

If you think there may be a drinking problem in your home here are some ideas on how to cope

- Talk to a trusted friend
- Maybe there is a teacher or guidance counsellor at your school who would understand.
- Contact your local alcohol counselling service or your GP for confidential help and advice.

- Enquire about Alateen – a self-help group for children of parents with drinking problems.

REMEMBER

- You are not alone
- You are not to blame
- Your parent's drinking and the behavior which follows is not your responsibility

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