

FREEDOM FROM DESPAIR

Al-Anon Family Groups is a worldwide organisation which offers help and support to anyone who has been affected by someone else's drinking. There are around 800 groups in the UK and Ireland, offering understanding and hope to those who feel they can no longer cope with living with a problem drinker.

Many people find themselves in the depths of despair as a result of someone else's drinking. It could be a spouse, parent, child or a close friend. It could be someone who is no longer in your life, or it could be someone who is very much a part of your life.

There are so many ill-effects of living with a problem drinker. Those close to them may not realise what has caused their often low self esteem. They may feel guilty about their own behaviour towards the drinker. Family and friends may feel unloved and alone; ashamed about what is going on behind closed doors. They do their best to deal with the situation with the resources they have, but wonder why things do not get better.

Al-Anon Family Groups can help to improve the situation and allow people to feel better, whether the alcoholic carries on drinking or not.

Groups meet weekly. They are run by members on a non-professional basis and have a policy of strict confidentiality and anonymity. Al-Anon Family Groups is totally funded by members' voluntary contributions. The organisation has been helping distressed people for over fifty years and is well respected across medical and professional communities.

SOME QUOTES FROM MEMBERS:

"Going to that first meeting changed my life and gave me hope for the future. My life is barely recognisable from what it once was. I would never have believed or even dreamed this would be possible and I have Al-Anon and the programme to thank. For that I will always be grateful and will keep coming back."

"To millions of men, women and children who have been affected by the drinking of another, Al-Anon Family Groups offer the most precious of all gifts – HOPE"

For further information, contact Al-Anon Family Groups

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