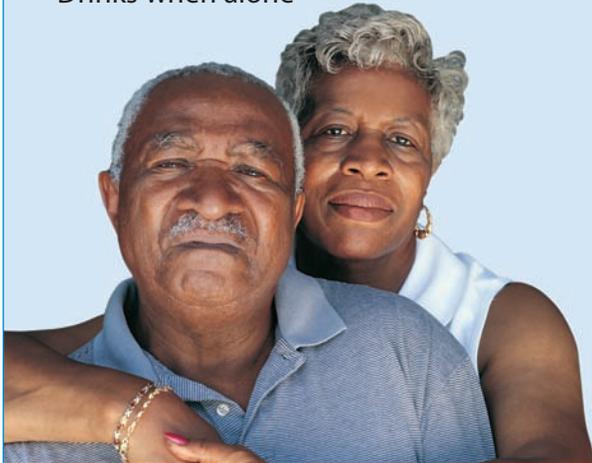


Help Someone You Know With a Drinking Problem

STEP 1

IF YOU SEE ANY OF THESE SIGNS

- Hides alcohol
- Lies about drinking
- Needs to drink first thing in the morning to stop feeling “shaky”
- Makes and then breaks promises to cut down or stop drinking
- Prefers to be around people who drink
- Becomes angry when questioned about his/her drinking
- Is late for, or misses, days at work or school
- Has frequent arguments, fights, and accidents
- Drinks when alone



STEP 2

TAKE ACTION

- ⊕ Learn about problem drinking
 - ⊕ Tell the person that you are worried, and why. For example: *“I’m worried about your safety”*
 - ⊕ Look at your own behavior and how it might encourage their drinking
 - ⊕ Encourage the person to see a health care provider
 - ⊕ Be persistent - denial and refusal to get help are typical behaviors of a problem drinker
 - ⊕ Get help for yourself through support groups
-
- ⊖ Don’t try to argue or reason with the person when they have been drinking
 - ⊖ Don’t threaten, preach, or use guilt to make them change
 - ⊖ Don’t feel that you are the only one responsible for their recovery
 - ⊖ Don’t give up hope

STEP 3

CHECK OUT THESE RESOURCES

Support for Families and Friends

- The Greater NY Al-Anon Family Intergroup, Inc. – (212) 941-0094 www.nycalanon.org
- Intergrupal Hispano de Al-Anon y Al-Teen (Spanish) – (800) 939-2770 www.nycalanon.org/meetings/espanol.html

12 Step/Self-Help Groups

- Alcoholics Anonymous (AA) – (212) 870-3400 www.alcoholics-anonymous.org
- Narcotics Anonymous (NA) – (212) 929-6262 www.nycasc.org

General Information

- The New York City Department of Health and Mental Hygiene – 311 www.nyc.gov/health
- National Institute on Alcohol Abuse and Alcoholism www.niaaa.nih.gov/Publications/Pamphlets/BrochuresPosters/English



Call 311
and Ask
for LifeNet

Problem drinking is treatable. Talk to your doctor.

**For help 24 hours a day, call 1-800-LifeNet (1-800-543-3638)
or call 311 and ask for LifeNet.**