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

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