

Alcohol: what's the harm?



**If you want some advice
for you or your family, contact**

For you

Turning Point:

advice on where to get help and
support for problem drinkers

01753 692548

Health Improvement Team

support for individuals aged 13 -
19 years with alcohol problems

01628 696094

Drinkline:

national helpline for information
and advice on problem drinking

0800 917 8282

AA (Alcoholics Anonymous)

National Helpline: 0845 769 7555

For your family

DrugFAM:

support for your family if
someone you know has an
alcohol problem **0845 388 3853**

Al-Anon:

support for your family if you
know a problem drinker **020**

7403 0888

ASB Hotline:

helpline to report anti-social
behaviour associated with
alcohol use **0845 605 2222**

www.sloughdaat.org.uk

www.slough.gov.uk
Slough
Borough Council

SLOUGH
DRUG & ALCOHOL
ACTION TEAM

Alcohol: what's the harm?

How to spot problem drinking:

For most people, alcohol can be consumed safely in normal social settings. But some people struggle to control their drinking and this can cause harm to themselves and the their loved ones.

Someone who is moving into more problematic drinking may deny there is anything wrong and this can make spotting the signs difficult.

Look out for these:

- Money problems because of drinking too much
- Hiding alcohol and it's use
- Denial about how much they're drinking
- Aggressive or irritable behaviour when discussing drinking
- Drinking in the morning
- Being clumsy or having accidents because of drinking
- Missing work or doing badly at work because of drink
- Being unable to have a good time without a drink
- Everything in life revolving around drink

There may be other indicators - these vary from individual to another.

When someone drinks in a family, the issues raised commonly include job security and money problems; physical abuse and frequent rows; shame that a family member gets drunk; other family members believing they are to blame or being blamed by the drinker for the problem; anger and resentment within the family and withdrawal.

Other problems may occur - each family is unique and experiences the effects of problem drinking in different ways. **If there are problems in your family you can:**

Talk - about the problem as a family and seek support if you need it

Learn - about the issues, get information, advice and support

Put your family first - and make positive decisions

Tell the police - if you feel unsafe don't put your family in danger

Say no - to having a drink with a problem drinker

Don't cover - for a problem drinker

Above all:

Acknowledge your feelings and find support - see over for local help. You don't need to cope on your own.