

# Help For Employees Troubled By Someone Else's Drinking

Information for Human Resources  
and Employee Assistance  
Professionals

AL-ANON FAMILY GROUPS   
hope for families & friends of alcoholics

**F**requently an employee will discuss issues such as stress and anxiety, avoiding or unable to recognize the core problem. Typically, they will deny there is a problem of alcoholism in their family. Before they are ready to address this issue, their lives can be dramatically affected.

Al-Anon, which includes Alateen for younger members, is a confidential community resource with no dues or fees that provides support to all family members and friends whose lives are being affected by someone else's drinking.

**During your interview please consider asking the following questions:**

- Do you worry about a family member's drinking?
- Do you feel that drinking is more important to this person than you are?
- Does a family member's use of alcohol cause arguments?
- Are you missing sleep or time from work due to problems caused by someone's drinking?
- Have you recently ridden in a car driven by someone who has been drinking?

If the individual answers 'yes' to any of these questions, please suggest that they attend at least six Al-Anon meetings to determine whether or not Al-Anon can help.

Because of the stigma that continues to surround the disease of alcoholism, the anonymity of all Al-Anon members is protected. Also, anonymity reassures the newcomer that what is said at an Al-Anon meeting is confidential.

## **Al-Anon Family Groups welcomes the opportunity to:**

- Meet with you to discuss ways Al-Anon can cooperate.
- Conduct informational meetings or workshops for your staff to explain Al-Anon's program of recovery.
- Invite you as a professional to attend "open" meetings to learn more about Al-Anon and Alateen.

To obtain a free packet of literature and meeting information call:

1 888 4AL-ANON (888-425-2666)  
8 a.m. to 6 p.m. Monday through Friday, ET  
or  
e-mail [wso@al-anon.org](mailto:wso@al-anon.org)  
[www.al-al-anon.alateen.org](http://www.al-al-anon.alateen.org)

For information and catalog of literature contact World Service Office for Al-Anon and Alateen:

**Al-Anon Family Group Headquarters, Inc.**  
1600 Corporate Landing Parkway  
Virginia Beach, VA 23454-5617  
Phone: (757) 563-1600 Fax: (757) 563-1655  
e-mail: [wso@al-anon.org](mailto:wso@al-anon.org)

**Al-Anon Family Group Headquarters (Canada) Inc.**  
Capital Corporate Centre  
9 Antares Drive, Suite 245  
Ottawa (Ontario) K2E 7V5  
613 723-8484 • 613 723-0151 (fax)  
e-mail [wso@al-anon.org](mailto:wso@al-anon.org)

Please visit the professional section of our Web site:

**[www.al-anon.alateen.org](http://www.al-anon.alateen.org)**

Al-Anon/Alateen is supported by members' voluntary contributions and from the sale of our Conference Approved Literature.