

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

Frequently 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 free, confidential, community resource 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 us at wso@al-anon.org
www.al-al-anon.alateen.org

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

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9 Antares Drive, Suite 245
Ottawa (Ontario) K2E 7V5
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Please visit the professional section of our Web site:
www.al-anon.alateen.org

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