

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 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
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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Virginia Beach, VA 23454-5617
Phone: (757) 563-1600 Fax: (757) 563-1655
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Please visit the professional section of our Web site:

www.al-anon.alateen.org

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