

AMS is committed to equality of opportunity, to ensure that our services fully reflect users needs and are easily accessible.

During the past 35 years AMS (previously ACAD) has earned a national reputation for providing free and high quality counselling, advice and information services. We continue to receive the support of Health Authorities, Local Authorities and government departments for the provision of these free services.

If you have any ideas about how we could improve our services please contact us.

For further information contact:

Alcohol Misuse Service

2 Kings Court
Little King Street
Bristol BS1 4HW

Tel: 0117 929 3028

e-mail: info@addictionrecovery.org.uk
www.addictionrecovery.org.uk

*Addiction Recovery Agency Limited
Limited Company Number 2540814
Registered Charity Number 1002224*



addiction recovery agency

treatment, support, recovery

Alcohol Misuse Service



**Information
Leaflet**

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A service for
people affected by
someone else's
drinking

Are you concerned that someone close to you drinks too much?

Problems

- In families where someone is drinking heavily there may be a number of problems.
- People may drink to deal with stress, but the drinking can make the situation worse. It's a vicious circle.
- It may be difficult to know how a heavy drinker is going to behave next, which causes tension and uncertainty within the family.
- Communication within the family / relationship can become difficult.
- Everything can start to revolve around the drinking, if that is the only thing the family thinks and talks about.
- The family can feel ashamed of the drinker's behaviour and become cut off from everyone outside.
- Practical difficulties may include accidents, money, sex, legal and health problems. Some of these – for example, sexual problems or incontinence – may be embarrassing to talk about.
- Children may understand more about what is going on than their parents realise, and this can be reflected in the way they behave.
- If the drinker no longer takes responsibility for things like paying bills or doing household jobs, other family members may take these tasks over. This can lead to resentment on both sides.
- There may be arguments and violence.

Problematic drug or alcohol use can effect anyone supporting the user

For example, people can be effected by a parent's use many years after they have grown up, left home, or have a family of their own.

"My brother does not know how upsetting it is for my mum and dad....I hate him for making them so unhappy"

"It's so hard. When I was younger I felt so alone every time my mother started to drink, I got a funny felling inside and was scared to tell anyone. I wondered why I had a mother who drank so much"

"I've heard of wives chucking husbands out for their drinking, but never husbands chucking out wives. I feel like I'm the only man this is happening to"

"Most of the time I'm scared"

"I worry about my grandchildren. I can't say anything because my daughter would think I was interfering, but they don't go to school some days because she's been drinking the night before, and that can't be right"

"I thought that when I left home I would be free, but I keep finding myself in relationships with people who use lots of drugs or drink too much"

"I'm worried about my mate. We all like to have a drink, but he doesn't seem to know when to stop"