

Alcohol Problem? What, Me?

It is a fact that often the person with an alcohol addiction will be the LAST PERSON to acknowledge that they have a problem!

Consider this:

- Do you have a strong urge to drink?
- Do you find it hard to stop once you start drinking?
- Do you drink in secret? Do you drink alone?
- Do you mix your drinks?
- Do you drink first thing in the morning?
- Do you get the 'shakes'?
- Do you drink more than you should when friends or relatives urge you to drink?
- Do you have drinking episodes when you get 'plastered'?
- Do you feel guilty about your drinking?
- Are there fights between you and members of your family?
OR with relatives, friends, loved ones or with work colleagues?
- If you working, are you regularly absent from work or is your work suffering?
- Do you have money or other problems?
- Do you suffer ill health? Blurred vision? slurred speech? Depression?
Loss of appetite? Temper tantrums? Or worse?

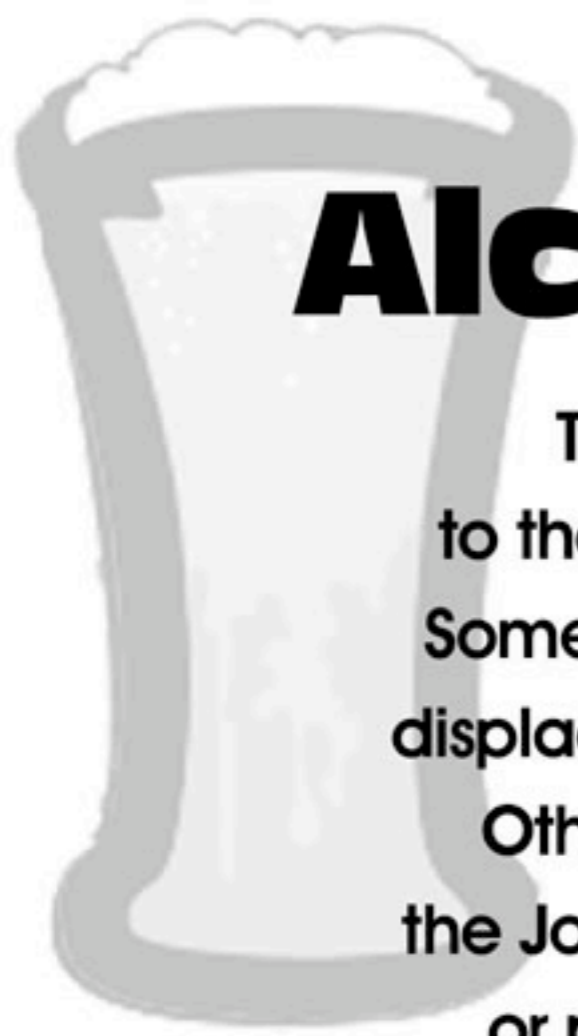


If any or all of the above applies then YOU MAY HAVE AN ALCOHOL ADDICTION

Alcohol addiction ruins self respect and relationships as well as physical, mental and emotional health.

Talk to us at the Drug and Alcohol Action Programme. We will help you with your problems and your addiction.

Telephone us on 020 8843 0945



Alcohol addiction

There are as many answers as people to the question of why people drink to excess. Some people drink because they are lonely or displaced or have personal or identity problems. Others because they want to 'keep up with the Jones'. Some because they have a physical or psychological dependency on alcohol.

The important issue is to recognise the harm that alcohol addiction does to the individual, their relationships and their community.

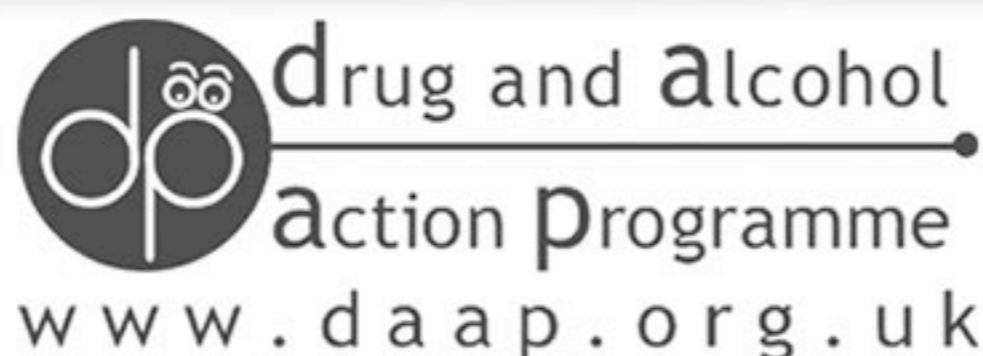
It is a myth that people addicted to alcohol can be cured by simply locking them up and keeping them away from alcohol.

Those seeking help for alcohol addiction need a range of support interventions that include detox and rehabilitation through education, counseling, appropriate programs, 1: 1 and group work. Family members and loved ones also need support to overcome the impact of alcohol addiction.

**Talk to us at the
Drug and Alcohol Action Programme
to get confidential advice and information about
the support services in Ealing.**

Telephone us on 0208 843 0945

Take control. This is YOUR life



In Britain drinkers spend **£30bn** on alcohol each year. **£1.7bn** are spent on treating alcohol-related illnesses. Binge drinking costs the country **£20bn** a year. **17 million** working days are lost to hangovers and drink-related illness each year. Alcohol-related crime costs **£7.3bn**. **£4.7bn** is spent on the human and emotional costs of alcohol-related crime including domestic and sexual violence. There are **1.2 million** alcohol-related violent incidents every year. Up to **1.3 million** children are affected by parents with drink problems