

● Talking helps

IT CAN...

- Ease anxiety.
- Decrease stress.
- Make you feel listened to and supported.
- Help you vent your feelings.
- Provide you with relevant information and help you make choices.
- Help you to cope better - an opportunity for one to one counselling or to benefit from group support.

● If you would like to talk to someone in confidence...

Call **ACA** on
01292 281238

email: **info@acaayr.org**
web: **acaayr.org**

We're here to help

ayrshire council on alcohol

24 Fullarton Street
Ayr
KA7 1UB

Tel: **01292 281238**

email: **info@acaayr.org**

web: **acaayr.org**

This leaflet was developed with input
from service users.

**Service available throughout South &
East Ayrshire**

ACA is funded by East & South Ayrshire Health
and Social Care Partnerships.

Scottish Charity No: SC0 16848 Company Reg No: SC0 97498

Someone's drinking
getting **you** down?

Finding it hard to cope?

For advice/information contact

ACA 01292 281238

● We can help

If you live with or have a family member or friend who has a problem with alcohol it is often difficult to know how to cope. It can be a very frustrating and stressful situation.

Although at times you may feel hopeless, there *are* ways to encourage someone to seek help and at the same time, and *very importantly* find time to take care of yourself.

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ACA 01292 281238

We're here to help...

● Perhaps you are feeling?

Anxious

Feeling constantly worried and uncertain.

Angry

Why has this happened?

Hopeless

Feeling unable to cope and not knowing what to do.

Hurt

Feeling let down and betrayed by the person you care for.

Guilty

Is it me? Have I caused the problem (the answer is no!)

Embarrassed

Too ashamed to talk to anyone.

Lonely

You may feel you have lost the person you used to know.

These feelings are understandable and natural under the circumstances, but there *are* things you can do...

● DO'S

DO...

- Challenge the drinking behaviour, that is when they are sober! Be *direct* about your concerns making them realise you are *serious*. "Nagging" is often ignored!
- Realise you cannot control drinking behaviour, only the drinker can do that.
- Talk to someone, be it a family member or friend or seek advice/support from **ACA**. This will ease your anxiety.
- Be firm and frank, calm and in control when discussing the problem, it's not easy but keep trying.
- Try to take care of yourself despite the drinking. Keep up friends and interests, find some space for yourself. Do things you enjoy.

● DON'TS

DON'T...

- Blame yourself.
- Take responsibility for their drinking.
- Cover up, lie or make excuses for the drinking behaviour. (You are only allowing it to continue without *any* consequences).
- Pour away or hide alcohol—a drinker will only get it somewhere else!
- Be tempted to join in the drinking, this will make it look "okay" and *you* could end up with a drinking problem.
- Make empty threats or ultimatums (the one's you are unlikely to carry out).
- Feel you have to control the situation, it will only wear you down.