



About Al-Anon

Al-Anon Family Groups UK & Eire is there for anyone whose life is or has been affected by someone else's drinking.

Our members provide meetings in all major towns and cities and are committed to being there for you when you need help. Whatever your relationship with the drinker, you will find other people who have similar stories to tell. You will realise that you are not alone. Listening to the shared experiences of others may help you find the confidence you need to deal with the effects of someone else's drinking. You will find it is possible to rediscover happiness, whether the alcoholic is still drinking or not.

Your anonymity is protected by using first names only. You will not be asked to reveal your surname or any other details about your identity or that of the drinker. Anything discussed within an Al-Anon meeting is treated as confidential, including your presence at the meeting.

We are widespread, with more than 700 groups throughout the UK and Eire alone. If getting to a meeting is not easy for you, you are welcome to join an online meeting. These are organised by the World Service Office (WSO) and accessible via the US website: <https://www.al-anon.org>

Al-Anon meetings are free. We only accept donations from members towards running costs and literature so that we can be self-supporting. We only give what we can afford.

What we are not

Al-Anon is not a therapy group. We don't offer counselling or advice or try to explain your experiences.

We are not a religious organisation and welcome those of all faiths and none, treating everyone as equals. We discourage discussion about religion, politics and other outside topics.

Above all, Al-Anon is about helping you to find solace with and support from others who have been affected by their relationship with a drinker.

History

For over sixty-five years, Al-Anon Family Groups have been helping families and friends of alcoholics worldwide.

Started in the USA in the late 1930s as informal meetings by a small group of the close relatives of recovering alcoholics, Al-Anon came to the UK in 1951 with the first group being formed in Belfast.

Since that time, Al-Anon has grown in the UK and Republic of Ireland into a network of over 700 self-help groups and continues to attract new members every day of the week.

Al-Anon is non-religious, non-political and multi-racial. Al-Anon is available, free of charge, to anyone who is or has been affected by someone else's drinking, including adult children of alcoholics, parents, partners, spouses, other relatives and friends of alcoholics.

Alateen started in the UK in 1964 and is for teenagers between the ages of twelve and seventeen.

Who is it for?

Many people come through our doors for help with coping with a problem drinker. They include close and distant relatives, friends and colleagues.

Whatever relationship they and the drinker share (or once shared), even if the drinker has since stopped drinking, left the family or died, they are welcomed with open arms.

Because alcoholism affects the whole family, almost anyone can seek solace within an Al-Anon Family Group meeting. Alcoholics Anonymous exists for the drinker when they are ready to seek help.

Supporting the immediate family

Sharing a home with a problem drinker affects everyone in a different way. Often it can be difficult to bring up problems at home or to even focus on your own feelings when so much is going on.

Al-Anon meetings are a safe place where you as a son, daughter, wife, husband, partner, mother or father of a drinker can come together and talk about your own concerns and feelings. If you don't feel able or willing to talk, that's OK too.

Whatever your story or background, you won't be judged or made to feel unwelcome by fellow members.

Distant family, friends and colleagues are welcome

As a family illness, the effects of alcoholism ripple out beyond the immediate family. Grandparents, aunts, uncles and cousins can also be concerned about what is happening.

Friends may be deeply affected by a drinker's behaviour. After all, they will have shared experiences with them – positive and negative – and may have been brought into their confidence.

Drinkers' friends can be challenged by many conflicting feelings. Guilt for not being able to help (or for helping too much), a sense of responsibility for their welfare, a deep care for their wellbeing and anger at past behaviour.

Sharing a common bond

Al-Anon's fellowship of members includes people from many different backgrounds, each sharing their experiences of alcoholism within the family, talking about challenges and supporting one another in changing their lives for the better.

If you feel your life is or has been affected by another's drinking, Al-Anon is for you. We strongly recommend you attend an Al-Anon meeting and find out how we can help.

Getting help from Al Anon

Many of our members took their first step towards a better life when they decided to attend an Al-Anon Family Groups meeting.

There are over 700 Al-Anon groups throughout the UK and Eire where you will be welcomed with acceptance and understanding. When family life with a problem drinker is chaotic, an Al-Anon meeting can provide a much-needed safe haven in which to share experience, strength and hope.

Contact our helpline

Our friendly helpline volunteers, who are all Al-Anon members, are available 365 days a year between 10am and 10pm on 0800 0086 811 to answer questions in complete confidence. You are more than welcome to simply turn up to an Al-Anon meeting. Click on [Find a Meeting](#) for details of a meeting near you. Many members prefer to call our confidential helpline first.

Residents of the Republic of Ireland can reach us on 01 873 2699 (10am to 10pm, seven days a week).

If you live in Northern Ireland, you can call 02890 68 2368 (6pm to 11pm, seven days a week; 10am to 1pm Monday to Friday).

Virtual (online and telephone) meetings

Further avenues of help are available through a variety of virtual meeting platforms. These follow the same principles as face-to-face meetings, including a commitment to anonymity and are run by the Al-Anon World Service Office.

[Click here](#) for a current list.

Al-Anon literature

We have a wealth of Al-Anon literature to help you, offering insight into all aspects of dealing with the effects of another's alcoholism. Visit our shop to browse our selection of books, booklets, leaflets and pamphlets. Literature is also available to buy at meetings.

Getting help starts with taking action. Calling Al-Anon or simply turning up at a meeting could be the first step towards changing your situation for the better.

How do I get help

We want to make it as simple and easy as possible for you to get to a meeting where you will find others who have also had family members or friends who are problem drinkers.

The best way to find out what Al-Anon is all about and how we can help you is to attend a meeting. You can either use our 'Find a Meeting' link [at www.al-anonuk.org.uk](http://www.al-anonuk.org.uk) or call our helpline: 0800 0086 811

Using our 'Find a Meeting' option

With over 700 groups spread across the UK and Eire, there is likely to be an Al-Anon Family Groups meeting accessible to you.

All meetings are free to attend and open to anybody affected by another's drinking. Simply come along at the day and time listed.

Contacting our helpline

Our free, confidential helpline is available every day of the year (even on Christmas Day!) from 10am to 10pm. Please call 0800 0086 811.

Downloadable PI Posters

These downloadable posters may be saved and printed.

(Please note that these are copyrighted and should not be altered)

Alcoholism

can tear a family apart



Al-Anon & Alateen

Help and hope for families and friends of alcoholics

Call our confidential **FREE** helpline

0800 0086 811

email: enquiries@al-anonuk.org.uk

website: www.al-anonuk.org.uk

**Al-Anon
Family
Groups**



**If someone you care about
has a drinking problem...**

*You can see what it is doing to
them*

**Can you see what it is doing
to**

YOU?

0800 0086 811

**for details of local Al-Anon
and Alateen Groups**

Email: enquiries@al-anonuk.org.uk
Website: www.al-anonuk.org.uk

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Family
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