

● 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**

or email  
**acaayr@btconnect.com**

**ayrshire council on alcohol**

24 Fullarton Street  
Ayr  
KA7 1UB

**Tel:** 01292 281238

**Email:** acaayr@btconnect.com

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

**Finding it hard to cope?**



We're here to help

This leaflet was developed from input  
from service users.

Service available throughout South Ayrshire

For advice/information contact

**ACA 01292 281238**

## ● We can help

If you live with or have a family member 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.

If you would like to talk to someone in confidence call us here at:

**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.