



# New York State Bar Association

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## FACTS FOR FAMILIES

### Alcoholism Affects Everyone in the Family

The alcoholic doesn't want to hurt anyone. But loved ones, husbands, wives, and children all feel the effects of the disease.

In families with alcoholism, there are often fights, problems with money, and lots of stress. Many times there's also violence.

It may be hard to admit that someone you love has a problem with alcohol. But remember that the alcoholic is sick. Alcoholism is a treatable disease. Alcoholics can get better when they stop drinking.

### When Someone You Love is Drinking, Do you...

- Blame yourself for the drinking and feel afraid to say anything?
- Feel hurt, angry, or scared?
- Try to hide the drinking problem from other people?
- Not know how the person is going to act from day to day?
- Feel like you can't trust the person

### Get Help

If drinking is a problem in your home, you are not alone or helpless.

- Learn the facts
- Look for warning signs
- Find out where you can go to get help

Don't be afraid to ask for help. Facing up to a problem and asking for help is a step in the right direction.

## **Places To Go For Help:**

### ***Self-Help Groups***

- Al-Anon 800-245-4656
- Alateen 800-344-2666

### ***Local Alcoholism Clinic or Treatment Program***

### ***Local Council on Alcoholism***

### ***Doctor, Hospital, or Health Clinic***

### ***Church, Synagogue, or Place of Worship***

### ***Local Community Center***

### ***New York State Bar Association Lawyer Assistance Program***

(for resource information)

1-800-255-0569

**\*\*\* Information provided by: The New York State Office of Alcoholism and Substance Abuse Services**