



# NOT EVERYONE TRAPPED BY ALCOHOL IS AN ALCOHOLIC

.....

Families and friends  
are suffering too.

•

Do you worry about how  
much someone drinks?

•

Al-Anon and Alateen  
can help.



<https://triadalanon.org>

  
Al-Anon Family Groups  
Help and hope for families and friends of alcoholics

1-888-4AL-ANON • AL-ANON.ORG

Or call us locally at 1-800-449-1287 or 1-336-723-1452