

Do you...

Feel too embarrassed to take friends home?

Keep secrets about the problems affecting your family?

Tell lies to cover up for someone's drinking?

Feel guilty and don't know why? Feel different from other people?

Feel confused when your mum or dad changes when they drink?

Feel nobody really cares what happens to you?

Think no one could understand how you feel?



0800 358 3456

Things to remember

- When a parent or carer has a drink problem, it affects the whole family
- It's not your fault
- It's OK to hate the problem and love the person who is drinking
- There are people and places that can help you and your parents
- You can feel better even if your mum or dad doesn't stop drinking

"Nobody knows what it's like at home. I need someone to talk to and know what it's like."

Charlie, age 12

Remember the 6 Cs:

*I DIDN'T CAUSE IT
I CAN'T CURE IT
I CAN'T CONTROL IT
I CAN TAKE CARE OF MYSELF
I CAN COMMUNICATE MY FEELINGS
I CAN MAKE HEALTHY CHOICES*

Ways to feel better

Talk to someone you trust

Talking about how you feel is not telling on your family.

Do things you enjoy

Sometimes worries can take over. Taking a break can help.

Talk to Nacoa

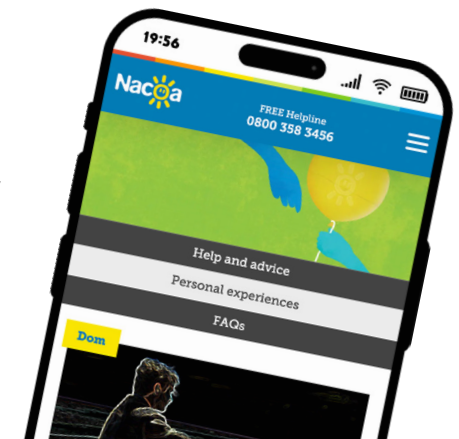
We understand the problem and you can trust us. You can talk to us on your phone or online.

Read people's stories

Seeing what it's like for other children and young people can help you feel less alone.



nacoa.org.uk



helpline@nacoa.org.uk

Free helpline

- Information and on-going support
- For all ages

The Nacooa Promise

- We are here to listen
- We won't judge
- We are here to help for as long as you want
- You can tell us as little or as much as you want
- What you say will remain confidential



Call
0800 358 3456



Email
helpline@nacooa.org.uk



1-2-1 Online Chat & Message Boards
nacooa.org.uk

You can also find 24-hour support at ChildLine on 0800 1111

1 in 5 children in the UK are affected by a parent's drinking

Nacooa has been helping children affected by their parent's drinking or similar addictive problems since 1990. This includes children of all ages, many of whose problems only become apparent in adulthood.

patrons include



nacooa.org.uk



Please support us by becoming a member, volunteering or making a donation.

Helpline 0800 358 3456
helpline@nacooa.org.uk

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Some mums & dads drink too much....

