



# HOW CAN YOU HELP SOMEONE THAT DRINKS TOO MUCH ALCOHOL?

One of the most common questions asked by family and friends. Below are my recommendations:

**Listen**

**Empathise**

**Show Compassion**

When deciding to offer help to anyone struggling with alcohol misuse, consider the areas below.

**Are you safeguarding yourself/others?**

**Is this what the person wants?**

**Do they have capacity to decide for themselves so they will be safe and so will others?**



**Are you considering your own needs/wants?**

**Will this help give them what they want, or what you want?**

**Will your help allow them to face their consequences?**

**Remind them of the good times, their strengths**

**Help lighten any burdens**

**Learn about alcohol misuse**

**YOU AREN'T ALONE.  
JOIN OUR "DAUGHTERS OF ALCOHOLICS"  
FACEBOOK GROUP  
FOR SUPPORT, COMFORT AND PEACE**



**CALL ME NOW**

07732 403305



**GET SUPPORT**

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