

Alcoholism & Chemical Abuse Recognising the need for help in family and friends

Sometimes it is tough to tell if a friend or loved one has a problem with alcohol. Most people do not walk up to someone they are close and ask for help. In fact, they will probably do everything possible to deny or hide the problem. Alcohol problems can affect anyone regardless of age, sex, marital status, place of residence, income level or lifestyle. There are warning signs that may indicate a friend or loved one is drinking too much alcohol. If your friend or family member has one or more of the following signs, he or she may have a problem with alcohol:

Getting drunk on a regular basis

Lying about things, or the amount of alcohol they are consuming

Avoiding you and others in order to get drunk

Giving up activities they used to enjoy

Believing that alcohol is necessary to have fun

Getting into trouble with the law

Feeling run down, hopeless, depressed or even suicidal

Missing work or poor work performance because of drinking

Using alcohol to escape problems

A change in personality