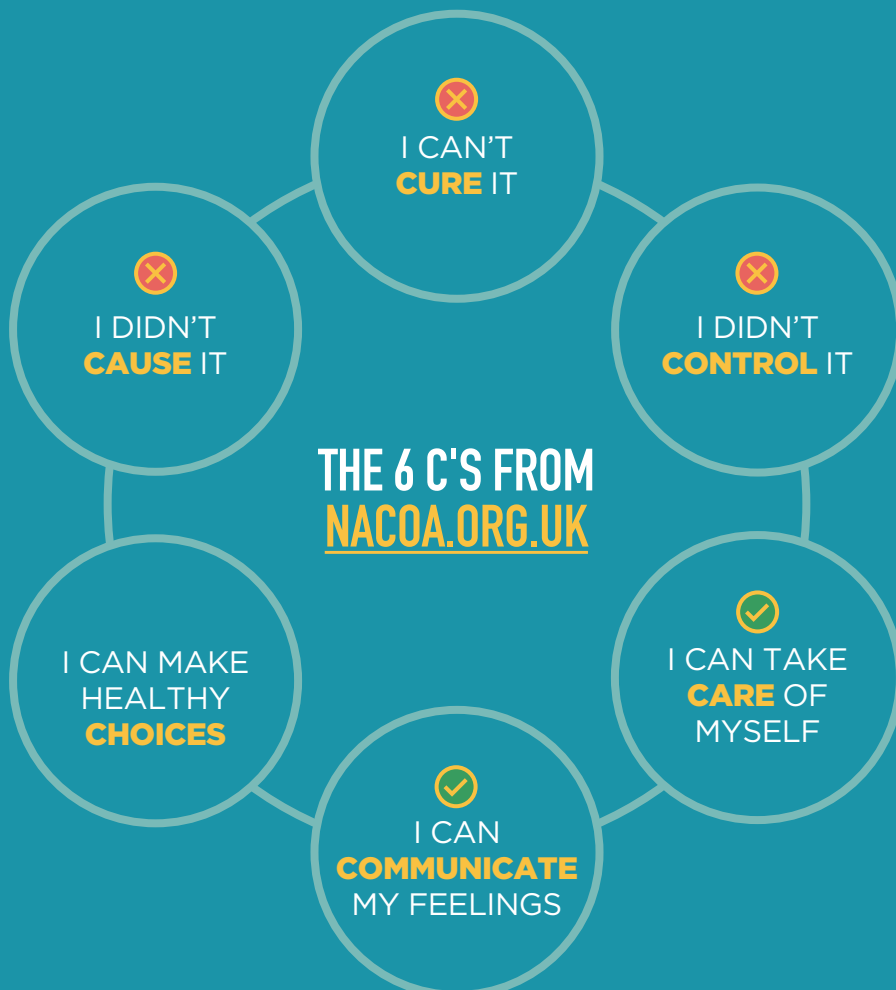




YOU ARE NOT ALONE

If you are
dealing with
problem
alcohol use in
the home,
remember:



#ENDTHESILENCE

Helping you understand someone else's drinking

When someone has a problem with alcohol it can impact the whole family. People can behave differently than the way they normally act when they take alcohol and it can make a child feel scared.

Often the person who has problems with alcohol does not see things as they really are. They think that they need the alcohol too much to imagine living without it.

The effect on the family can be emotional, physical, financial and a feeling of struggling to cope with life. Alcohol problems in the family often result in complicated, confusing and upsetting feelings.

Children can respond to their chaotic environment by trying to keep understandable and natural feelings of sadness, confusion and anger in. These feelings can resurface later on in life. That's why it's important to recognise these feelings and seek support.

**CLICK TO
WATCH VIDEO**



Always remember: You are not alone

Around 1 in 6 young people in Ireland experience this problem. While this is very unfortunate, it means that a lot of young people experience this, so it should be normal to talk about it. Don't be afraid to share your experiences with someone you trust. Talking about it will help you to express how you feel and manage emotions and to get support.



200,000

**1 IN 6 YOUNG PEOPLE IN IRELAND
EXPERIENCE THIS PROBLEM**

Ways to feel better if someone in your family is drinking too much:



CHAT TO SOMEONE YOU TRUST

Talking about how you feel with a trusted person such as a teacher, coach or relative is not being disloyal to your family and can help you to feel less alone.



UNDERSTAND THAT YOUR FEELINGS ARE NORMAL

It's OK to hate the problems, yet love the person who is drinking.



TELLING SOMEONE WHAT IS GOING ON WILL REALLY HELP

Don't feel like you have to go through things alone.



IF YOU FEEL LIKE YOU HAVE BEEN AFFECTED BY ANY OF THE THINGS MENTIONED ABOVE

know that you can access supports such as talking therapies.



THERE ARE A RANGE OF HELPFUL SUPPORTS AVAILABLE ONLINE

for young people to access for information or in times of need.

**IT IS ALWAYS A
GOOD IDEA TO
TALK TO AN ADULT
YOU TRUST.**



**THE ISPCC'S CHILDLINE CAN
BE CONTACTED BY CALLING
1800 66 66 66, TEXTING TO
50101 OR CHATTING ONLINE
AT [CHILDLINE.IE](https://www.childline.ie) 24 HOURS
A DAY, EVERY DAY.**

Websites and resources that can help



STEPS TO COPE

This [online intervention](#) is especially designed to help those affected by alcohol use, drug use or mental ill health in their family. You work through the toolkit at your own pace and can leave at any time. When you return you can pick up where you left off.



TAKING THE LID OFF

A [resource](#) for young people and families living with addiction and problematic substance abuse



COPING WITH A PARENT'S PROBLEM DRUG OR ALCOHOL USE

This [Tusla/Barnardos booklet](#) is for children who are living with harmful parental drug or alcohol use.



NACOA

The website of the [National Association of Children Of Alcoholic's \(NACOA\)](#) UK features a range of useful resources. This [flier](#) - Some mums and dads drink too much - is helpful as a starting point for children.



SUPPORT & COUNSELLING

Access a full list of resources for young people [here](#).