

# Doubting your Sanity?

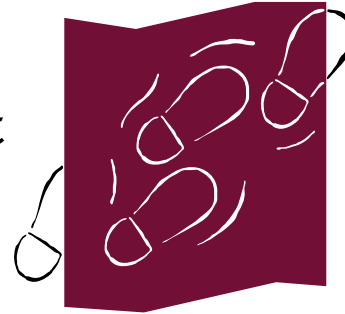
When someone  
else's drinking is  
part of the problem...

Al-Anon can help.

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AL-ANON FAMILY GROUPS   
hope for families & friends of alcoholics

## Do you feel like you don't know where to turn?



*"I wanted to stay in bed all day."*

*"I can't believe this has happened  
to me."*

*"I was sure he was the one who  
was crazy. I was so surprised when  
I ended up in a psychiatric ward."*

*"I went to the health agency  
begging for help."*

*"I couldn't take it anymore. I took  
my wife to the psychiatric hospital  
not knowing what else to do."*

*"Every day was a slow death."*

### Al-Anon's Invitation to You

We invite you to try our program. At Al-Anon meetings, you will meet other people facing the same problems you are.

In Al-Anon, we begin to recover from the effects of being close to an alcoholic. We do this by sharing our experiences with others. As we begin to understand the family disease of alcoholism, we are better able to handle our problems and improve our lives.

You can gain support and understanding by listening and speaking with others at Al-Anon meetings. In Al-Anon, you are no longer alone. We urge you to contact the nearest Al-Anon Family Group.

**No Dues or Fees.** Our meetings are free. We meet our group expenses by passing the basket. All contributions are voluntary.

**Anonymous and Confidential.** Your identity and what you say at meetings will be carefully guarded.

### It's Time For Help.

Alcoholism is a family disease. It affects everyone who is close to the alcoholic. Most of us believe that the alcoholic is the one who needs to change. It comes as a shock to hear that we also need to change and it's time to look at ourselves. By going to an Al-Anon meeting, you will find help and understanding. You will no longer be alone.

### There is a Better Way.

Are you "sick and tired of being sick and tired?" On your own, you've tried everything you could think of and nothing seems to work. Don't be too hard on yourself and don't give up. There is hope. You are at a turning point. If you would like your life to be different, Al-Anon offers you a better way. At Al-Anon meetings, you will meet people who understand your frustration.

### We Urge you to Try Al-Anon.

Like you, members in Al-Anon know what it is like to live with the uncertainty of alcoholism. At this critical time in your life, you can begin to move forward by finding out where Al-Anon meetings are located in your community. Before you leave this facility, ask your counselor or a staff member to help you contact a local Al-Anon group.

#### LOCAL AL-ANON MEETING SCHEDULE:

or call: 888-4AL-ANON (888-425-2666)  
USA AND CANADA 8 am to 6 pm ET, Monday - Friday

*Al-Anon/Alateen is supported by members' voluntary contributions and from the sale of our Conference Approved Literature.*



Approved by  
World Service Conference  
Al-Anon Family Groups

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