

## Do you...

Feel too embarrassed to take friends home?

Keep secrets about the problems affecting your family?

Tell lies to cover up for someone else's drinking?

Feel guilty and don't know why?

Feel different from other children?

Feel confused when mum or dad change when they drink?

Feel nobody really cares what happens to you?

Think no one could understand how you feel?

*"Nobody knows what it's like at home and I don't have the bottle to tell them. I don't think my parents would approve but I need someone to talk to and know what it's like. I really can't deal with it anymore." Charlie, age 12*

## Things to remember

- You are not alone
- When a parent 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 mum or dad don't stop drinking
- Talking can help you to feel less alone

### The Nacoa promise

- We are here to listen
- We won't judge
- We are here to help for as long as you want
- What you say will remain confidential

## Ways to feel better

### Talk to someone you trust

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

### Find time for things you like

Doing enjoyable things at school or near home is important. Sometimes worries can take over and taking a break can help.

### Talk to Nacoa

We understand the problem and you can trust us. You can talk to us on the phone or send an email. Talking can help you understand some of the confusing feelings.

### Read other children's stories

Reading the stories of other children can help you to feel less alone. You can find stories on the Nacoa website.

Visit our website  
[Nacoa.org.uk](http://Nacoa.org.uk) for lots more  
information and support



## Free helpline

- Information and ongoing support
- For all ages
- Your call won't show up on a landline bill
- You can tell us as little or as much as you want
- There's no need to give your name
- You don't need to tell anyone else you are talking to us
- You can talk as often as you want



Call

0800 358 3456



Email

helpline@nacooa.org.uk

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

Nacooa was founded in 1990 to address the problems faced by children growing up in families where one or both parents suffer from alcoholism or a similar addictive problem. This includes children of all ages, many of whose problems only become apparent in adulthood.

### Nacooa's aims

- To offer information, advice and support to children of alcohol-dependent parents
- To reach professionals working with them
- To raise their profile in the public consciousness
- To promote research into the problems they face and the prevention of alcoholism developing in this vulnerable group

Our services are funded by voluntary donations. Please support this vital work by becoming a member, volunteering or making a donation. Together we are making a difference.

Text HELP21 followed by the amount (£10, £5 or £3) to 70070 or visit [nacooa.org.uk/getinvolved](http://nacooa.org.uk/getinvolved)

*"Finding someone I felt comfortable talking to was the beginning of everything changing for me. Without your help, I could have spent the rest of my life watching Mum drink herself to death. Now I know there is help for Mum and for me." Paul, 15*

### Patrons

Tony Adams MBE • Olly Barkley • Calum Best  
Lauren Booth • Geraldine James OBE • Elle Macpherson  
Suzanne Stafford CQSW • David Yelland

Helpline: 0800 358 3456 [helpline@nacooa.org.uk](mailto:helpline@nacooa.org.uk)  
Post: PO Box 64, Bristol BS16 2UH  
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## Some mums & dads drink too much...

