



**Al-Anon Family Groups**  
Help and hope for families and friends of alcoholics

# NOT EVERYONE **TRAPPED** BY ALCOHOL IS AN **ALCOHOLIC.**

Families and friends  
are suffering too.

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Do you worry about how  
much someone drinks?

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Al-Anon and Alateen can help.

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**1300 252 666** [al-anon.org.au](http://al-anon.org.au)

