

WHAT WILL YOUR ROLE BE?

It greatly helps people with drinking problems if a close family member is involved in their treatment.

You can participate in many ways. You can:

- You can encourage your relative to attend the counselling sessions,
- You can accompany him/her for the sessions,
- You share any concerns you may have about your relative's health with the counsellor.

You will also have the opportunity of learning more about your relative's problems and ways in which you can contribute to his good health.

For example, you may be able to help him practice the exercises that the counsellor advises or help him think of possible solutions to problems that are contributing to his drinking problems.

So we hope that you will be able to accompany your relative to these counselling sessions. Your relative's counsellor is looking forward to meeting you.



WHOM CAN YOU CONTACT FOR MORE INFORMATION?

Please Contact
the Counsellor

or
the Doctor
in this Primary Health Centre



When
your
close
family
member
has a
drinking
problem,

how can you help?



We are screening everyone who comes to the Primary Health Centre for some common health problems, and we have found that your relative is suffering from one of these problems. The answers he gave to a number of questions about his health indicate that he has a drinking problem.

Common signs of of this problem are that:

- He drinks alcohol to cope with anger, frustration, worry or sadness
- His drinking affects his relationships with other people
- He is unable to say 'no' when offered a drink
- He carries on drinking even though it is interfering with work, family & relationships
- He can drink a lot without becoming drunk
- He hides the amount he drinks from friends and family.
- He gets angry if confronted about his drinking
- He drinks to get drunk
- He tries to stop, but can't
- He needs a drink to start the day
- He gets "memory blanks" where one can't remember what happened for a period of hours or days after drinking



Your relative has reported some of these signs.

THE INFORMATION IN THIS PAMPHLET WILL HELP YOU TO:

- ✓ Understand the nature of this problem
- ✓ Learn how counselling being offered at this clinic can help your relative.
- ✓ Understand your role in counselling.
- ✓ Learn whom you can contact for more information.



WHAT ARE DRINKING PROBLEMS?

There are lots of reasons why people drink alcohol and lots of people drink without getting problems. But when a person starts drinking in a way which negatively affects his life, or that of his family, then this is considered as a drinking problem.

Drinking problems occur when alcohol affects at least one aspect of a person's life including physical health, mental health, family, work and social life. As the severity of someone's drinking problem increases it starts affecting more and more of these aspects. From the questions that your relative answered, we think that he is suffering from drinking problems.

WHAT IS COUNSELLING AND HOW WILL IT HELP YOUR RELATIVE?

Counselling is a treatment which is useful in recovering from this health condition. The treatment is provided by a trained counsellor in the PHC, and will not cost anything.

The counsellor will work with your relative to understand his problems better and identify possible solutions and methods to cope with these problems. In this way, his symptoms will gradually disappear and he will return to good health.



Counselling is delivered in 1 to 4 sessions spread over 1 to 2 months. Each session will last between 30-60 minutes. Ideally, these sessions are done in the clinic but, if this is not convenient, they can also be done at home, or over the telephone.

