



# NOT EVERYONE TRAPPED BY ALCOHOL IS AN ALCOHOLIC.

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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.



Al-Anon Family Groups

Help and hope for families and friends of alcoholics

[al-anon.org](http://al-anon.org)

**Learn More**