

# Adult Children Of Alcoholics Expanded Edition

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at aa alcoholics help each other we will support you you are not alone together we find strength and hope you are one step away call free 0800 917 7650 email [help@aa.org](mailto:help@aa.org) or ask any

realising you have a problem with alcohol is the first big step to getting help you may need help if a good place to start is with a gp try to be accurate and honest about how much you drink and any

alcoholism is a term used to describe the most serious form of high risk drinking with a strong often uncontrollable desire to drink

at alcoholics anonymous we find strength and hope together you are one step away simply search your town to find your nearest aa meeting

find out more about alcoholics anonymous meetings and how they are structured [here](#)

aa is concerned solely with the recovery and continued sobriety of individual alcoholics who seek our help aa is freely available to all who seek it regardless of class ethnicity religion race sexuality or

helping each other and reaching out to the still struggling alcoholic is key to staying sober if you are a member or are ready to help here you ll find member resources downloads and guidance aa is

alcohol is addictive and heavy long term use results in many negative health and social consequences

al anon family groups are for the families friends of alcoholics who share their experience strength hope in order to solve their common problems

6 nov 2025 alcohol addiction involves both physical dependence where the brain changes require alcohol to avoid withdrawal and psychological dependence where alcohol is used as a coping

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