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| **C:\Users\Tim Vaio 2011\Pictures\Work\Logo.JPG** | **A question to veterans —and their families …** |
| **… from Alcoholics Anonymous (AA)** |

*Is drinking costing you more than money?*

Alcoholism is not determined by where, how long, how much, or what you drink.

A good test lies in the answer to this question: what has drinking done to you?

Has your drinking affected your relationships  
with your family, friends, or former or present employer?

Has your drinking affected your health?

Has your drinking affected your state of mind?

Have you become preoccupied with drinking?

If so, you are not alone: AA helps millions of people, **including veterans, and their families.**

Any kind of man or woman can be a member of AA—alcoholism can strike a person of any rank, any age, any ethnicity, any social, religious, or educational background, or any field of skill.

The blackouts and the shakes, the loneliness, and the fears are the same for a private, a corporal, a sergeant, a captain, a major, a reservist, a veteran, or members of their families.

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What is AA?

*Alcoholics Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism.*

*The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions.*

*AA is not allied with any sect, denomination, politics, organisation, or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.*

All meetings are completely confidential, and personal anonymity is assured.

How can I contact AA?

(1) Call 0800 9177 650 (free; hours vary)

(2) Email [help@aamail.org](mailto:help@aamail.org)

(3) Go to <https://www.alcoholics-anonymous.org.uk/About-AA/Newcomers/Get-help-now> and click on the yellow ‘Alcoholics Anonymous Chat’ box. If you are using the mobile version of the website, click on the ‘hamburger signs’ on the top right (**≡**), click newcomers, and the chat option will appear.

If you call, email, or chat, you will be able to talk in confidence not to a professional but to another alcoholic who has found a solution in AA. AA helplines typically offer a ‘twelfth-step call’. This is where an AA member or two can arrange to meet you to take you to your first AA meeting. AA can also arrange for this person to be an AA member with armed services experience. If you would like this, ask if there is someone available from the ‘armed services twelfth-stepper list’.

Some people may prefer to discreetly attend an open AA meeting (‘open’ meaning *open to visitors*). If you would like to ‘check out’ AA by attending a meeting and seeing what it is all about, you can go to <http://www.alcoholics-anonymous.org.uk/> and use the ‘Find a Meeting’ function (on the top right of the screen). Type in the town, district, or postcode you are in, and a map will show you the details of local meetings. This information is available also from the above helplines.