

Alcoholics Anonymous

Armed Services 12th-Stepper Support - February 2026

How the Service Works

The Armed Services 12th-Stepper list is confidential and securely held. Access is limited to Regional Telephone Liaison Officers. Telephone responders may offer this option if a caller has a military connection. The choice always remains with the caller.

How AA Members Can Help

AA members wishing to volunteer as Armed Services 12th-Steppers are invited to provide their first name and initial, contact telephone number, area covered including AA Region and Intergroup, email address if available, unavailable times, and optionally year of sobriety and Armed Services connection. Details should be sent to: **armedservices.sc@aamail.org**
National Armed Services Sub-Committee Alcoholics Anonymous Great Britain

For people serving or having served in the Armed Services recognizing a possible drinking problem and asking for help can feel particularly difficult.

Concerns may include fear of the reaction of authorities, worries about judgment from colleagues, or the belief that civilians may not understand the particular challenges of service life. This does not mean a service member is different as an alcoholic, but the environment of service life can make reaching out harder.

Alcoholics Anonymous maintains a confidential Armed Services 12th-Stepper list. This includes AA members who are currently serving, have previously served, or have lived closely with Armed Services life. Apart from shared understanding, these members perform exactly the same AA role as any other 12th-stepper.