[Details of addressee]

[Details of addressee]

[Details of addressee]

[Details of addressee]

[Details of addressee]

.

[Date]

Dear Sir/Madam,

My name is [name], and I am the Armed Services Liaison Officer for the [intergroup or region] of Alcoholics Anonymous (AA). As an ex-serving member of the armed forces, I and many like myself are very aware of the significant pressures that many current and ex-serving persons face, particularly given operational commitments abroad, as well as increased family pressures brought on by recovery from injuries.

As a result, AA has witnessed a slowly increasing number of current and former serving members seeking help from AA, either via the forces’ links with AA through its medical services or directly through contact with local AA groups.

The primary purpose of AA is to support those suffering from alcoholism and its consequences, including problems with discipline, illness, reduced effectiveness, and family difficulties. Problems manifest in various ways and to varying degrees, and moreover alcoholism is no respecter of rank or status.

AA can offer alcoholics an opportunity to find a solution to their alcohol problem through a fellowship of men and women, including many with a service-related background, who meet regularly, often close to military establishments. In addition, AA can continue support to those who wish to continue to receive help whilst deployed, through correspondence/online meetings etc.

Armed Services Liaison Officers can provide the following assistance:

* Visits to service establishments to liaise with medical, executive, welfare, and pastoral teams to relate our experience of alcoholism and the solution we have found in AA.
* Provision of a wide range of AA literature.
* Information on meetings local to military facilities.
* Individual advice and support for anyone wishing to address his or her alcohol problem. Often, speaking with an ex-serving person who is an AA member generates a certain empathy and connection, which can be harder to generate with a member of a medical or welfare team. This can be arranged either within the wire or at a separate location.
* Attendance at health fairs and similar.
* Completely confidential support that protects the anonymity of the individual concerned.

What AA does not offer:

* Professional counselling.
* Diagnosis of alcoholism.
* Any ‘hard sell’ of AA—this is wholly counterproductive, as what AA has to offer is usually effective only if the individual has a genuine desire to address his or her drinking.

If you have any immediate questions or indeed wish to take up any of the free services offered, please contact me (see above) or alternatively contact the AA national office detailed below.

Yours faithfully,

[Your name]

[Your role in AA]

[Intergroup/Region]

### Contacting AA

If you need help with a drinking problem, either phone our national helpline on 0800 9177 650 or contact us by email: [help@aamail.org](mailto:help@aamail.org).

These services are staffed by volunteer members of AA who will be happy to answer your questions or put you in touch with those who can.

Or, for more general queries about AA, you can write to our General Service Office: Alcoholics Anonymous, PO Box 1, 10 Toft Green, York YO1 7NJ, tel. 01904 644026, email: [gso@alcoholics-anonymous.org.uk](mailto:gso@alcoholics-anonymous.org.uk).

Website: <http://www.alcoholics-anonymous.org.uk/>.