

**I know I can't make my parent stop drinking or using drugs, so what can I do to make myself feel better?**

Talk to an adult you trust about the problem.

- A teacher
- A scout leader
- A religious leader
- A coach
- A school counselor

Also, there is a group for kids who have alcoholic parents called "**Alateen**". Alateen has meetings, like a club, and the kids share tips on how to make life easier. Ask at school if there are any Alateen groups or school-sponsored support groups.

**Alateen Support Group**

**<http://al-anon.alateen.org>**

**Telephone: (757) 563-1600**

THE ANTI-DRUG

**AFRAID.  
CONFUSED.  
ALONE.**

If you're dealing with parents who have a drug or alcohol problem it could affect you in many ways. We can help. Log on to [www.freebe.com/talking](http://www.freebe.com/talking) or call toll free at 1-800-388-2388

For More Information  
[www.nacoa.org/kidspage.htm](http://www.nacoa.org/kidspage.htm)

National Association for  
Children of Alcoholics  
10920 Connecticut Avenue, Suite 100  
Kensington, MD 20895  
[www.nacoa.org](http://www.nacoa.org)



National Association  
for Children of Alcoholics



# Coping



## Coping



Growing up with parents who drink too much can be hard. But, there are ways that you can make tough times easier. First, think about areas in your life that make you worry. Second, remember that there are some things that only adults should worry about. It is important for you to always stay safe. You can also take small steps to work on self-care. You, like the children above, can keep your body healthy by eating good foods, brushing your teeth, washing your body, and getting plenty of sleep.