

**Research indicates there are 2.8 million people in the UK who were brought up with parental alcoholism.**

**There are 920,000 children and young people in the UK today who are living in a home where one or both parents have a problem with alcohol.**

“Being brought up in an alcoholic family I was used to living in chaos and fear and learnt many coping strategies to help me to survive.”

**Angela, 25**

“I was never allowed to be a child: I had to spend every night keeping my parents from fighting. I never learned to play. Now, I can’t make friends; I never learned to let people close to me. Even my relatives seem to live in a different world. No one was there to help me then, and no one helps me now.”

**Andrew, 35**

**Alcoholism affects the whole family. Children often feel responsible for their parents’ drinking and associated problems, even though they are not.**

“I’m still self-loathing after all these years. The world’s better off without me. People shouting triggers memories. Memories come at night too, causing anxiety, anger, frustration, sobbing and insomnia. I’m still a little girl. That little girl who was hurt, when Dad was drunk or stoned.”

**Sonia, 33**

**Living with alcoholism and trying to hide the problems from the outside world is stressful. Patterns of behaviour learned in childhood are often unknowingly repeated later in life and can become destructive.**

“I am an adult child of an alcoholic and although I’ve moved away, I still have contact with my father. So many of the issues I had then, I have now.”

**Laura, 21**



**Call the Nacoa helpline 0800 358 3456 in confidence and talk to someone you can trust who will provide information, advice and support.**

“My life is an absolute disaster zone. I was never really a confident person, I just pretended to be but now .... I get so embarrassed when I see my dad drunk in the street... my mates laugh and I laugh too, but I’m not laughing inside.”

**Kevin, 14**

“Speaking to your helpline and receiving the information pack felt like I was ‘coming home’. A huge piece of the jigsaw had fallen into place.”

**Susan, 17**

“Finding someone I felt comfortable talking to, was the beginning of everything changing for me. Without your help, I could have spent the rest of my life watching Mum drink herself to death. Now I know there is help for Mum and for me.”

**Paul, 15**

“I look upon discovering Nacoa as nothing short of a miracle, the information and support you provide paving the way to a new life, a fresh start and to leave behind over forty years of unhappiness, pain and tension.”

**Cathy, 43**

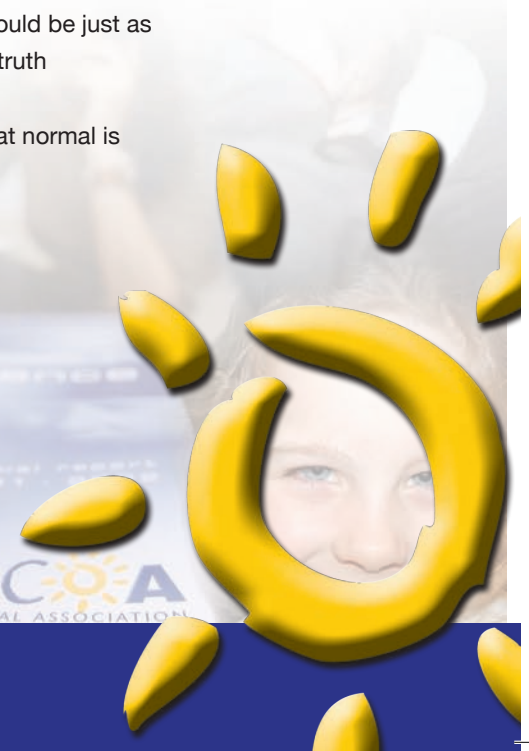
“Thank you for the information on the website about what you can and can’t do. I come back from time to time, to remember its not just me. I am not to blame and I am not alone.”

**Tracey, 19**

**Callers talk about:**

- Feeling different from other people
- Having difficulty with intimate relationships
- Fearing rejection and abandonment, yet rejecting other people
- Being loyal even when faced with evidence that loyalty is undeserved
- Finding difficulty in having fun
- Judging themselves without mercy
- Fearing failure, but sabotaging success
- Over-reacting to changes over which they have no control
- Lying when it would be just as easy to tell the truth
- Guessing at what normal is

[www.nacoa.org.uk](http://www.nacoa.org.uk)



**NACOA**  
0800 358 3456  
www.nacoa.org.uk  
Email: helpline@nacoa.org.uk

**NACOA's UK Resource Database**  
includes local & national agencies  
providing help for children of  
alcohol-dependent parents  
Call 0800 358 3456 for more information

**ACA (Adult Children of Alcoholics)**  
07071 781 899  
www.adultchildren.org  
Email: alex@aca.uk.org

**Adfam**  
www.adfam.org.uk

**Al-Anon and Alateen**  
0207 403 0888  
www.al-anonuk.org.uk  
Email: enquiries@al-anonuk.org.uk

**ChildLine**  
0800 1111  
www.childline.org.uk

**FRANK (National Drugs Helpline)**  
0800 77 66 00  
www.talktofrank.com  
Email: frank@talktofrank.com

**NAPAC (National Association for People  
Abused in Childhood)**  
0800 085 3330  
www.napac.org.uk

**NSPCC**  
0800 800 500  
www.nspcc.org.uk  
Email: help@nspcc.org.uk

**Samaritans**  
08457 90 90 90  
www.samaritans.org.uk  
Email: jo@samaritans.org



The National Association for Children of Alcoholics

**Patrons:**

**Mr Tony Adams MBE • Ms Geraldine James OBE  
Mr Fergal Keane OBE • Ms Elle Macpherson  
Dr D Samways MB BS • Mrs S Stafford-Nolan CQSW**

Nacoa was founded in 1990 to address the problems  
faced by children growing up in families where one or  
both parents suffer from alcoholism or a similar addictive  
problem.

This includes children of all ages, many of whose  
problems only become apparent in adulthood.

Nacoa has adopted four broad aims:

- To offer information, advice and support to children of alcohol-dependent parents
- To reach professionals who work with these children
- To raise the profile of children of alcohol-dependent parents in the public consciousness
- To promote research into:
  - 1.the particular problems faced by those who grew up with parental alcoholism
  - 2.the prevention of alcoholism developing in this vulnerable group of children

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**Website: www.nacoa.org.uk**



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## Information for Children of Alcohol-dependent Parents

