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1 in 5
children in the UK live with a parent who drinks hazardously
(Manning et al., 2009)
Nacoa
helping everyone affected by a parent's drinking

2

# The Nacoa Helpline

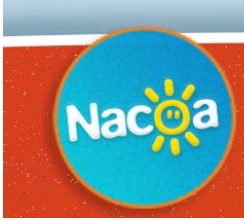
- 500,000+ calls received since 1990
- Open 10am – 7pm Monday to Saturday
- Staffed by trained, caring counsellors
- Callers can call once or as many times as they like
- Anonymous, confidential support
- Sharing the message 'You are not alone'

Nacoa helping everyone affected by a parent's drinking

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"I just want to say a genuine thank you to you. This is the first time I have genuinely felt like I am not alone in this"

Chris




helping everyone affected by a parent's drinking

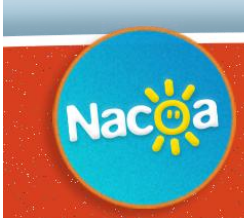
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"Thank you so much it has been so nice talking to you… honestly I wish I knew about you when I was younger, I think it would've made such a difference"

Hannah




helping everyone affected by a parent's drinking

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"I'm coping so much better…
Thank you for sorting me out
and getting me here…
You literally saved my life"

Leanne



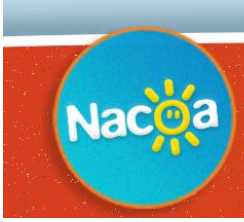

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‘’Thank you so much for listening. As much as they try I feel like nobody quite understands unless you have been in a similar situation. The work you do is amazing, I can’t thank you enough”

Anon




helping everyone affected by a parent’s drinking

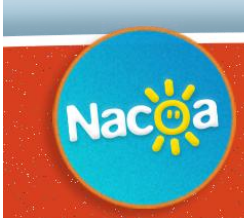
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GODEL TECHNOLOGIES
HOTEL FOOTBALL
Nacoa
Fullcircle
PSYCHO PEACOCK

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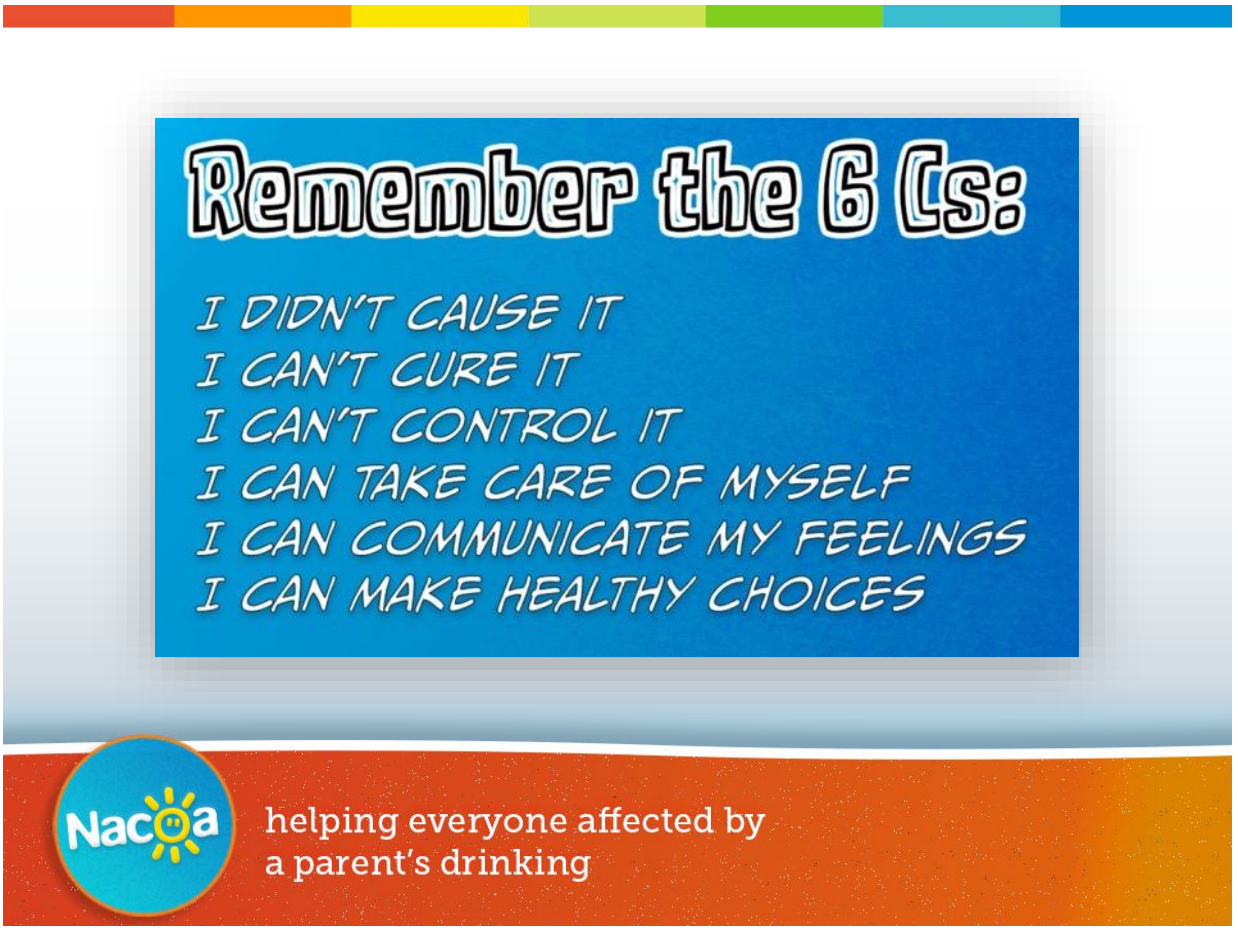
"You have been a lifeline to me ... you are all so nice and I cannot thank you all enough"

Vinnie




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Remember the 6 Cs:
I DIDN'T CAUSE IT
I CAN'T CURE IT
I CAN'T CONTROL IT
I CAN TAKE CARE OF MYSELF
I CAN COMMUNICATE MY FEELINGS
I CAN MAKE HEALTHY CHOICES
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Thank you!
Find out more
You are not alone
nacoa.org.uk
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