Positive Choices
Drug and Alcohol Information
Get informed, stay smart, stay safe

Video

Helping a friend or parent who may have a drinking problem



Evidence ratings:

This resource has undergone expert review. See our Help/Q&A section for more details.

Year: Year 9–10, Year 11–12

Targeted Drugs: Alcohol, Drugs (General)

Tags: help, family, advice, helping a loved one

Origin: Australian

Cost:
Free

Available

This video is available on YouTube

Watch 'Helping a friend or parent who may have a drinking problem'

Developers

Tune In Not Out, Australian Lions Drug Awareness Foundation. Filmed and Edited by Rose Schramn for Wide Angle Tasmania. Interviewee: Bill, Holyoake.

Summary

This 5-minute video provides advice for young people in identifying and helping when a loved one may be experiencing problems with alcohol. It encourages young people to open conversation with a loved one they are concerned about, and direct their loved one to services if needed. It also reminds them to seek support for themselves when faced with this situation.

Expected Benefits

- Knowledge on how to act if a friend or parent's drinking is of concern.

Evidence Base

Expert Review*:

This video provides age-appropriate advice for young people who are faced with a loved one whose drinking is of concern. The video uses a simple question and answer format, and uses coloured text to highlight important points, increasing accessibility for viewers. This video provides a concise starting point for young people who may not know how to approach an issue of a loved one's problem drinking.

*Review provided by researchers at the Matilda Centre for Research in Mental Health and Substance Use at the University of Sydney.

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