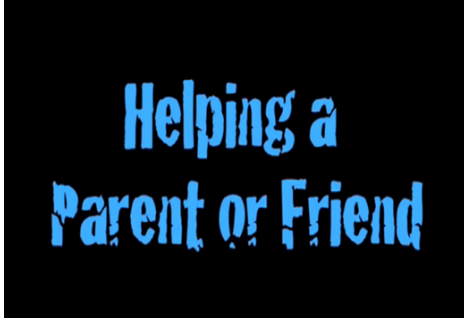





Helping a friend or parent who may have a drinking problem



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

Developers

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

Available

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.

Benefits

- Information 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.

Page last reviewed: 7 November 2019.