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

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

Origin: Australian

Cost:
Free

Available

This video is available on YouTube

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

Description

This 5-minute video provides advice for identifying and helping when a loved one may be experiencing problems with alcohol. It encourages open conversation and seeking help from support services. It also reminds you to seek support for yourself when faced with this situation.

Developers

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

© 2026 Positive Choices | Built by Netfront