

To Professionals

Dear Friend,

If you know or suspect that a problem drinker is affecting someone, we urge you to recommend Al-Anon or Alateen. Al-Anon members share their experience, strength, and hope with family and friends of alcoholics. Alateen is for teenagers affected by someone else's drinking. There are no fees for membership. Al-Anon is supported through voluntary donations from members.

Al-Anon is not a substitute for mental-health therapy, but it is an effective adjunct (see "Al-Anon Works!"). Professionals may find data from a recent member survey especially helpful: <https://al-anon.org/pdf/2021-MembershipSurvey.pdf>.

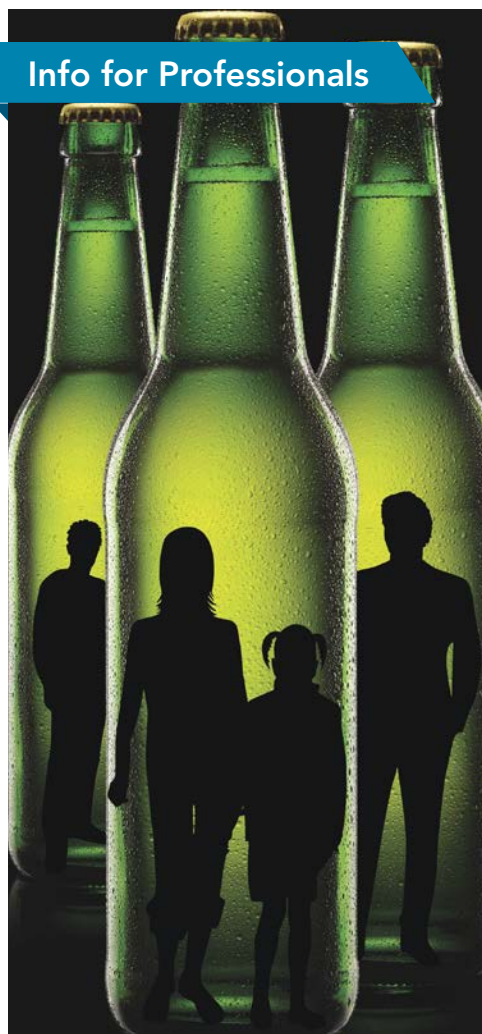
Thank you for your efforts to help people learn how Al-Anon can help them.

alanonma.org



NOT EVERYONE TRAPPED BY ALCOHOL IS AN ALCOHOLIC.

Info for Professionals



Al-Anon Works!

83% of members report improvement in mental health within the first year.

93% of members with 4 or more years of Al-Anon involvement indicate improved mental health.

Nearly **97%** of those surveyed attend at least one meeting per week. When members attended more than one meeting per week, they rated a 9 percent higher improvement in their mental health than those who attended only once per week.

Of the **10,848** members who reported receiving treatment prior to attending Al-Anon, **41** percent were referred to the program by a professional.

2,485 members indicated starting treatment since beginning in Al-Anon. Nearly 3 out of 4 continue to receive professional counseling, therapy, or treatment while attending Al-Anon meetings.

Source: <https://al-anon.org/pdf/2021-MembershipSurvey.pdf>

Find It Online

Our website is managed by a dedicated team of volunteers, with weekly updates. There's no better source than alanonma.org to find online and in-person meetings in Massachusetts.

Visit alanonma.org to find all this and lots more:

- ▶ **Information on Al-Anon and Alateen**, including self-assessment quizzes and resources for newcomers
- ▶ **Current meeting lists** and links to online meetings
- ▶ **Literature Store** (literature distribution center [LDC]) for online or mail-order purchases

Al-Anon of MA

Al-Anon Family Groups (AFG) of Massachusetts has an office and literature distribution center (LDC) with live, local staff and volunteers. We're here to assist you.

OFFICE AND LDC

AFG of MA, Inc., 57 East Main Street, Suite 109
Westborough, MA 01581-1457
Call: (508) 366-0556
Email: office@alanonma.org

Office Hours:
Monday through Friday, 9:00 AM – 4:00 PM


Al-Anon Family Groups
Help and hope for families and friends of alcoholics

alanonma.org