

LESBIAN  
ALCOHOL  
RECOVERY  
GROUP

**L.A.R.G.**



ME.....

I DON'T HAVE  
A PROBLEM!

How could I have a problem with alcohol?

I only drink beer - I never touch anything stronger

I only drink in the evenings or at weekends

- certainly not every day

I'm not old enough to be a drunk

Anyway I can stop anytime I want.

Any of these, or similar phrases, can be used in order to dismiss the possibility that you may have a problem with drink. But any woman, at any age, whatever her pattern of drinking, could have a problem with alcohol.



It doesn't matter what time of day you start drinking. "Needing" or habitually having a drink at a particular time of day - whether that is first thing in the morning, or last thing at night - could point to a dependency. You don't even need to drink every day to have a problem. It is not how often or how much you drink that counts. It is the effect it has on your life.

As alcohol sales and advertisements are targetted more and more towards younger people - and younger women in particular, the average age of women seeking help for drink-related problems is dropping dramatically. It is clear that any woman, whatever her age, who is using alcohol on a regular basis faces the possibility of developing a problem.

Most of us have stopped using alcohol for a while, at some point in our lives for a variety of reasons. Being able to stop is not really the issue. A more relevant question to ask yourself is "How long could I stop for?" or "What effect did not drinking have on me?" If removing alcohol from your life makes you feel tense, anxious, nervous, depressed, irritable or lonely then you could have a problem.

Ask yourself some more questions:

Do you ever get drunk when you don't intend to?  
Does alcohol affect any area of your life?  
eg. relationships, finance, health.

If you can answer "yes" to either of these then you probably do have a problem.



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We are a group of lesbians who have all had problems with alcohol.

We offer confidential support and encouragement to each other, through informal meetings, to enable us to overcome our dependance on alcohol.

If you feel you may have a problem why don't you come along to our meetings. They are held every Tuesday between 8.00 and 9.30 p.m. at:

The Womens Centre  
44 The Grove  
Bristol.

you can phone Trisha 716160 Sally 427620  
or Pat 878226

if you would like to know more.