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Nacoa Work and Resources

- **Nacoa telephone and email helpline**
Ongoing support and information to anyone struggling with the impact of a family member's drinking. Helpline counsellors can also research other specific or local support for callers. Advice for anyone worried about another person affected by these issues.
- **Deliver training to professionals** e.g., NHS workers, social workers, police, teachers.
This training spreads awareness of the issues faced by children of alcoholics and how alcohol dependency can affect the family. It helps reduce stigma and raise public consciousness, specifically to the people working with children and young people who may be affected by these issues.
- **Deliver training to schools**
Talking to children about alcohol and how to get support if they're affected by a family member's drinking. Also discuss how to help a friend who they think may need help. Working on school lesson plans around alcohol awareness.
- **Widening Access**
Working on ways to reach other communities, to make them aware of support available to them, spread awareness and information. Currently working on reaching out to (specifically) Sikh and Punjabi communities.
- **Media and Press (TV/Radio/Print)**
Taking part in interviews and other media activities to spread awareness of the issues faced by children of alcoholics and how alcohol dependency can affect the family. Aiming to reduce stigma and make listeners aware of the support available to them and help them feel less alone.
- **Research latest alcohol statistics**
Keeping up to date on the problems with alcohol in society and making sure our outreach and publications are consistently updated.
- **Nacoa Social Media Accounts** Instagram, Facebook, Tiktok
Share variety of personal experiences, news and supportive posts to help people feel less alone and connected to Nacoa and COAs in general.

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- **Social media Lunchtime Lives**

Conversations live on social media with a range of people. Giving a voice to those affected by a family member's drinking, reducing the stigma and helping listeners feel less alone. Opportunity for questions from the audience.

- **[Nacoa Website](#)**

- Support, information and guidance for children, young people and adults affected by a family member's drinking.
- Advice for professionals supporting those affected.
- Research on the impact of parental alcohol problems.
- Range of resources including useful books and Nacoa publications.
- Personal experiences written by children, young people and adults. Giving a voice to those affected and helping readers feel less alone.

- **[Message Boards](#)**

A forum for adults and young people affected by a family member's drinking. Allows people to discuss how they feel and ask questions with others who may understand. Nacoa 'Mentors' also respond to posts offering support.

- **[YouTube Channel](#)**

Includes a range of videos aiming to help people struggling with the impact of their family member's drinking. Reduces stigma and helps people feel less alone.

- **Instant Messaging**

Introduced shortly through the Nacoa Website

- **Nacoa Publications** sent digitally or via the post to any helpline callers, professionals or fundraisers.

- **[Information for people affected by their parent's drinking](#)** leaflet
Overview of the impact of alcohol dependency in families, guidance on what you can do if you're affected by a parent's drinking and support available.
- **[Some mums and dads drink too much](#)** leaflet
As above but aimed at young children.
- **['You are not alone' posters A4 and A3](#)**

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We send this out to professionals asking for resources (e.g., schools, GP surgeries) and fundraisers.

- [Information for CAMHS Professionals](#) booklet
Aimed at professionals working in Children and Adolescent Mental Health Services. Information on the impact of alcohol dependency in families. Guidance on identifying people who may be affected and how to support them.
- [Information for Parents](#) publication
Guidance for parents on how to support their children who are affected by a family member's drinking. Key messages to pass on to children. FAQs children tend to ask along with useful responses. List of books that may be helpful.
- [Information for Professionals](#) leaflet
Aimed at professionals working with children who may be affected by a parent's drinking. Information on the impact of alcohol dependency in families. Guidance on identifying people who may be affected and how to support them.
- [Information for Teachers](#) leaflet
Aimed at teachers working with children who may be affected by a parent's drinking. Information on the impact of alcohol dependency in families. Guidance on identifying people who may be affected and how to support them.
- [Information for young people](#) publication
Information helping young people affected by a parent's drinking understand how they're feeling and feel less alone. Guidance on what you can do to cope with the situation and feel better. List of useful books and other options of support.
- [Information about counselling and psychotherapy](#) publication
Information about therapy. Suggested websites when looking for therapists.
- [Introduction to Codependency](#) publication
Overview of co-dependency and how it might present itself in someone affected by a family member's drinking. Options for support.
- [Jasper's Wish](#), children's book written by Dr Jessica Munafò for Nacoa
Illustrated storybook for young children. Aims to help children understand their parent's drinking and important messages to reassure them they are not alone and they are not responsible.

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- [Alcohol](#) publication
Detailed explanation of what alcohol dependency is and how it may vary, why alcohol dependency may develop and the impact on individuals suffering.
- [Alcohol – other-persons diagnosis](#) publication
Checklist for people concerned about a friend or relative's drinking or other addictive problem. Helps to identify whether there might be a problem, and how you may be affected by it.
- [Alcohol – self-diagnosis](#) publication
Checklist which can help people identify whether they may have an alcohol or other addictive problem. Options for support.
- [Alcohol – the family illness](#) publication
How alcohol dependency can affect the whole family, not just the person drinking. Helping people understand their own feelings more.
- [Coping with the death of a parent \(for adults\)](#) publication
Overview on how an losing a parent to alcohol dependency can impact you and suggestions of support.
- [Coping with the death of a parent \(for children and young people\)](#) publication
As above but for children and young people.
- [Helping children cope with the death of a parent](#) publication
Guidance for people supporting children and young people whose parent has died as a result of alcohol, and suggestions of support.
- [Help for people with alcohol problems](#) publication
List of general options of support for people struggling with their drinking.
- [Suggested reading list](#)
List of books for adults, children and young people affected by a parent's drinking.
- [Talking to someone about their drinking](#) publications
Guidance on talking to a family member or friend about their alcohol use.
- [Lockdown Nell](#) by Jane Elson



Providing information, advice and support
for everyone affected by a parent's drinking

FREE Helpline **0800 358 3456**
helpline@nacoa.org.uk

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Short story written by Jane Elson (Author of Will You Catch Me) involving a young girl struggling with her mum's drinking during lockdown. Helps children feel less alone and encourages them to reach out for support.