

Has Your Life Been Affected By Someone Else's Drinking?

1. Do you believe no one could possibly understand how you feel?
2. Do you cover up your real feelings by pretending you don't care?
3. Do you feel neglected, uncared for, or unloved?
4. Do you tell lies to cover up for someone else's drinking or what's happening in your home?
5. Do you stay out of the house as much as possible because you hate it there?

If you have answered "Yes" to any of these questions, Alateen may be for YOU.

Alateen Electronic Connections

Stories from Alateens on YouTube: How Alateen Can Help

<https://www.maineafg.org/alateen>

Teen Corner: For teens affected by someone else's alcoholism. Electronic meetings, Alateen Mobile App, Frequently Asked Questions

<https://al-anon.org/newcomers/teen-corner-alateen/>

INSTAGRAM Read the sayings and stories by teens

https://www.instagram.com/alateen_wso/?hl=en

To talk with someone about Alateen

Area Alateen Coordinator alateen@maineafg.org

Talk with someone who goes to Alateen or Al-Anon. Ask an adult that you trust about Alateen.

Look for Alateen information on bulletin boards/information racks, notices on media.

Also connect with these Al-Anon sites for more things for teens.

Sign in to X: https://twitter.com/AlAnon_WSO

https://www.youtube.com/playlist?list=PLE6_I09D081-0zCREWsBjGtdo_Wr-5kSp

<https://www.facebook.com/AlAnonFamilyGroupsWSO>

By Maine Al-Anon Family Groups, Jan. 2025

What is Alateen?

Alateen is a place where teens come together to:

- share experiences, strength, and hope with each other to find effective ways to cope with problems.
- discuss difficulties and encourage one another
- help each other understand the principles of the Al-Anon program through the use of the Twelve Steps and Alateen's Twelve Traditions

Alateen is not

- For teenagers seeking help for drinking or drug problems or a therapy program
- A social hangout.

Look for Alateen literature in Libraries and at school.



Contacts and notes:

Teen Corner



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