



Published on *Go Ask Alice!* (<https://goaskalice.columbia.edu>)

[Home](#) > [Connections on the Road to Support](#)

---

## Connections on the Road to Support <sup>[1]</sup>

Week of:  
Sep 18, 2020

### How can I help my family member who struggles with alcohol? <sup>[2]</sup>

Dear Alice,

My granddad has been an alcoholic for ages — way before I was born. I am really worried about my granddad's drinking. My father doesn't like me to see him when he is drunk, but that is kind of hard. What are the best groups for alcoholics? And most importantly, what should I do?

Thanks,  
Needing A Lot of Help

[Read more](#) <sup>[2]</sup>

### How many recover from alcohol and drug abuse annually? <sup>[3]</sup>

Dear Alice,

Do you know how many people recover from alcohol and drug abuse annually? I would really like to know.

Thanks,  
Stat-man

[Read more](#) <sup>[3]</sup>

### Help for friends who drink too much <sup>[4]</sup>

Dear Alice,

I have two friends who I think are drinking too much. I don't know what to do. They are very defensive should anyone say anything to them about their excessive habit, and a lot of our friends are giving up on them. This has become a daily thing and their schoolwork and friendships are all suffering. They are both 21; one recently broke up with his girlfriend of several years and the other has been single for a while and he hates it. I know that has a lot to do with it. Please suggest some non-intrusive ways to help them. I'm really at a loss.

Thank you,  
A concerned friend

[Read more](#) <sup>[4]</sup>

## **Friend asking for help with cocaine addiction** <sup>[5]</sup>

Dear Alice,

My friend recently told me that she has a serious blow problem. She lives with her boyfriend and she said that all they do is work, sleep, and blow. By telling me this I understand that she has taken some very important steps into wanting to get better, but I'm completely useless in trying to help because I just don't know enough about the drug and rehab and ways to support her.

So far I've made the suggestion that she come spend some time with me and away from home so that the reminder of it is lessened, I can prevent her from bringing it in, and can try and keep her occupied to take her mind off it. What else can you suggest?

[Read more](#) <sup>[5]</sup>

## **Friend misusing alcohol** <sup>[6]</sup>

Dear Alice,

Last year, I became very good friends with a guy on my floor. He was a little out of the ordinary in the way he dressed, as well as in some of his opinions and habits. I had the feeling that he did drink more than he should, and he also did pot. I did not worry too much about it because it appeared to be more of a lifestyle choice than an addiction, and it did not cause him major troubles.

Unfortunately, he started to have academic problems. He did not do his work, missed classes, and eventually exams as well. I still did not relate these things to his alcohol and drug habits, and I hoped that once he got over the adjustment everyone needed to make in freshman year, he would be fine. Well, he wasn't. He did not come back to school this fall, and when I called him, I learned that he had gone through a lot that summer. He was diagnosed with depression and a

cocaine addiction, put on Prozac, and sent to therapy. At that point, I thought that he was on the right track because he was also going to get a job and planning to take classes at a nearby college.

However, when he came to visit me a month later, he had already had two beers before he even came here and got more and more drunk as the evening progressed. I would not let him drive home, but he ignored my warnings and left anyway. I was very disturbed because a friend of his had just been in a drunk driving accident. I was very mad at him, told him clearly that I will always be his friend but prefer not to talk to him or see him if he showed up drunk again. He did not call for a while and neither did I. When he called me yesterday and I told him that I thought he should do something about his alcohol problem, he kept repeating his excuses, that he drinks because he is Irish, that he doesn't care if he dies early as long as he had fun in life, etc. On the other hand, he can't find a job and seems to be very depressed. I want to help him, but I don't know how. Any ideas?

— Concerned

[Read more](#) <sup>[6]</sup>

## Footer menu

- ▼ [Contact Alice!](#)
  - [Content Use](#)
  - [Media Inquiries](#)
  - [Comments & Corrections](#)
- ▼ [Syndication & Licensing](#)
  - [Licensing Q&As](#)
  - [Get Alice! on Your Website](#)
  - [Full Site Syndication](#)
  - [Link to Go Ask Alice!](#)

**Go Ask Alice! is not an emergency or instant response service.**

If you are in an urgent situation, please [visit our Emergency page](#) to view a list of 24 hour support services and hotlines.

---

**Source URL:** <https://goaskalice.columbia.edu/theme-week/connections-road-support>

### Links

[1] <https://goaskalice.columbia.edu/theme-week/connections-road-support>

[2] <https://goaskalice.columbia.edu/answered-questions/how-can-i-help-my-family-member-who-struggles-alcohol>

[3] <https://goaskalice.columbia.edu/answered-questions/how-many-recover-alcohol-and-drug-abuse-annually-0>

[4] <https://goaskalice.columbia.edu/answered-questions/help-friends-who-drink-too-much-0>

[5] <https://goaskalice.columbia.edu/answered-questions/friend-asking-help-cocaine-addiction-0>

[6] <https://goaskalice.columbia.edu/answered-questions/friend-misusing-alcohol>