

**Remember,
there's no
shame in facing
up to the fact
that you have a
problem.**

Oakdene House Foundation is a non-profit organisation established to help alcoholics and their families recover from the debilitating consequences of addiction.

Oakdene House supports clients to abstain from their substance of dependence through self-directed, therapist and peer-supported programs of recovery.

Is your drinking becoming a problem?

For help and information call the
Oakdene House Foundation

Monday - Friday
Phone (02) 8717 0999

1 Dale St. Fairfield
NSW 2165

www.oakdenehouse.org.au
abn 90 151 950 926

"Changing lives"



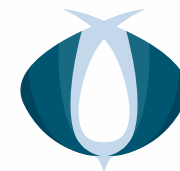
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Do you recognise any of these situations in your own life?

Have you ever decided to stop drinking for a week or so, but only lasted for a couple of days?

Do you wish people would mind their own business about your drinking -- stop telling you what to do?

Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk?

Have you had to have an eye-opener upon awakening during the past year?

Do you envy people who can drink without getting into trouble?

Have you had problems connected with drinking during the past year?

Has your drinking caused trouble at home?

Do you ever try to get "extra" drinks at a party because you do not get enough?

Do you tell yourself you can stop drinking any time you want to, even though you keep getting drunk when you don't mean to?

Have you missed days of work because of drinking?

Do you have "blackouts"? A "blackout" is when we have been drinking hours or days which we cannot remember.

Have you ever felt that your life would be better if you did not drink?

