



AABASICSFORBUSYDOCTORS

Dear Health Professional



Who are we?

We self-identify as alcoholics and choose not to drink alcohol. We have decided that becoming a member of AA is the best way for us to live a sober life. We attempt as best we can to follow the Twelve Steps suggested by AA. You can view these at www.aa.org.au. We make no claims about our Twelve Steps but are happy to speak of their effectiveness for us. When other alcoholics ask for help, we consider ourselves responsible to respond by sharing our experience of recovery from alcoholism. However, we are neither professionals nor authorities on alcoholism. We remain anonymous in the media so that people will not be deterred from seeking help because they fear public disclosure.



You may be familiar with Alcoholics Anonymous, better known as "AA". This pack contains a taster pamphlet explaining AA for the health professional. There is a list of all metro AA meetings, an online link to all meetings, also a drinking questionnaire on the Meetings pamphlet.

What your patients will experience at AA is people sharing their recovery experience with anyone seeking help with a drinking problem. They will find that while our programme has a spiritual basis, we are NOT a religious organisation. AA is a community support group available all day, every day, for no charge.

You can take comfort that AA does not make diagnosis, offer medical advice, or engage in professional treatment. We are solely dedicated to offering people an opportunity to develop a satisfying way of life free from alcohol.

If you have any further questions, or if you would like to put a patient in touch with a recovered member, please contact us. We are only too willing to help. (Please see over for contact details)

What is AA

Alcoholics formed AA to help each other get and stay sober. AA is a community - based option that many alcoholics have found alleviates the problems arising from alcohol. The only requirement for AA membership is a desire to stop drinking. There are no fees for AA membership or services.

AA is a worldwide non-profit fellowship of local groups that has been established in Australia since 1945.

Members are anonymous but AA needs to be visible. However, AA's public relations policy is based on attraction rather than promotion. Nonalcoholics speak to the media on behalf of AA so that members remain anonymous. AA is not allied with any sect, denomination, politics, organisation or institution. AA does not wish to engage in any controversy so it does not endorse or oppose any cause. AA confines itself to helping alcoholics: other Twelve Step programs modeled on AA offer assistance for other addictions and cater to the family or friends of alcoholics.



Every week, AA holds 121 meetings across metropolitan Perth

AA does not keep any membership records, but typically between 5 and 40 people attend each meeting. Your patients can find a convenient AA meeting on the enclosed list of local meetings or by contacting AA for assistance. (24hour)

Perth Central Service Office- Ph: 9325 3566

Non-Metro, also National Ph: 1300 222 222

(24 hour Helpline)
www.aaperthwa.org

There are at least 61 AA meetings weekly in country WA.

AA does not keep membership records but

AA DOES NOT: citycaigand.com

- define 'alcoholism' or profess any profound knowledge of its cause or 'cure'.
- have any opinion on public policy or Practices, regarding what some professionals term, 'alcohol dependence and abuse'.
- compete with other treatments or get into debates about evidence, for, or against, various treatment options.
- provide drying out, professional treatment, or other welfare services.
- educate about alcohol, or engage in research.
- provide references for any purpose
- solicit members, make diagnoses or offer advice.
- seek or accept contributions from non-members, or any outside organisation.
- join councils or social agencies
- follow-up or try to control its members.

What Happens at AA Meetings?

Most AA meetings are open to alcoholics and their families and to anyone interested in solving a personal drinking problem or helping someone else to solve such a problem. A few 'closed' meetings ask that only alcoholics attend. AA members only use first names at meetings to keep it anonymous. If someone happens to see a person they know, both can expect a warm welcome but they do not disclose to outsiders who they met at AA. The meetings follow a more or less set pattern.

A chairperson describes the AA program briefly for the benefit of any new-comers in the room and calls speakers who relate their personal drinking histories and may give their interpretation of recovery using AA's Twelve Steps. Speaking is encouraged but not compulsory.

The meetings last for up to 90 minutes. At the end there is usually a period for announcements while a treasurer passes the hat to defray costs of the meeting venue, literature, and incidental expenses. Members only donate if they can afford it and a gold coin or small note is enough. The meeting then adjourns, often followed by informal chatting.

