

## 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](http://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.

## AA does NOT:

- 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.



# AA Basics For Busy Doctors

## Thank you for perusing this information...

Please find enclosed some Alcoholics Anonymous business cards plus a brochure titled **alcoholism: Alcoholics Anonymous may be able to help** that you may find useful to give to any patients with a drinking problem.

What your patients will experience at AA is other alcoholics sharing their recovery experience with anyone seeking help with a drinking problem. They will find that while our program has a spiritual basis, we are NOT a religious organisation.

AA is a community support group available for any alcoholic patients all day every day for no charge. You can take comfort that AA does not make diagnoses, offer medical advice or engage in professional treatment. We are solely dedicated to offering alcoholics an opportunity to develop a satisfying way of life free from alcohol.

In case you would like further information, we enclose some other brochures for health professionals.

We hope this material can assist your practice. Should you or your staff like more cards or brochures, or seek further information about AA, our contact details are on the back. Alternatively, our website [www.aa.org.au](http://www.aa.org.au) provides information for health professionals that includes a short video introduction for your convenience.

## 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. Non-alcoholics 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 modelled on AA offer assistance for other addictions and cater to the family or friends of alcoholics.



Every week AA holds **MORE THAN 2,000 MEETINGS** across Australia



AA does not keep any membership records but typically **BETWEEN 5 AND 40 PEOPLE ATTEND EACH MEETING** depending on the time of day and the style of meeting.

[WWW.GAYAA.ORG.AU](http://WWW.GAYAA.ORG.AU)

For details of LGBTQI AA meetings.



[WWW.AA.ORG.AU](http://WWW.AA.ORG.AU)

For details of other AA meetings near you.

[GAYAA.AUSTRALIA@GMAIL.COM](mailto:GAYAA.AUSTRALIA@GMAIL.COM)

To speak to an LGBTQI member of AA.



You can also talk to a member of AA by ringing: **1300 22 22 22**



## 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 newcomers 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.



[GAYAA.ORG.AU](http://GAYAA.ORG.AU)