

# Alcoholics Anonymous (AA)



Peer support for people seeking recovery from alcohol problems

AA is a fellowship of people with lived experience of recovery who come together to support each other. It is not treatment or therapy, but a valuable peer support option that can **complement professional care and treatment**.



**Real people.  
Real experience.  
Real support.**

## KEY INFORMATION FOR CLINICIANS



### Peer support

People share their experience, strength and hope to support each other.



### Free and voluntary

No fees. No referral required. Membership is open to anyone with a desire to stop drinking.



### Confidential and anonymous

Privacy is respected. Members share only what they choose.



### Australia-wide

Thousands of in-person and online meetings across Australia every week.



### Complements professional care

AA supports recovery alongside treatment and other health services.

## WHEN TO CONSIDER AA FOR A CLIENT

- ✓ when they're leaving detox or treatment
- ✓ the person wants ongoing peer support
- ✓ they need relapse prevention support
- ✓ they prefer anonymous, non-clinical support
- ✓ when they want help now, without a referral process

## THREE SIMPLE WAYS TO CONNECT



### CHAT NOW

Connect online with an AA member for a confidential chat.



[aa.org.au](https://aa.org.au)

Chat available daily 10am to 10pm (AEST/AEDT)



### FIND A MEETING

Find local or online AA meetings anywhere in Australia.



[meetings.aa.org.au](https://meetings.aa.org.au)



### CALL — 1300 22 22 22

Call AA anytime. 24 hours a day. 7 days a week.



AA is not treatment or therapy. It is peer support from people with lived experience of recovery.



### Safe. Supportive. Non-judgmental.

AA has no affiliation with any sect, denomination, politics or institution.

Learn more

[aa.org.au](https://aa.org.au)



PEER SUPPORT. REAL CONNECTION. RECOVERY IS POSSIBLE.