

## 6 Facts about Alcohol and How it Affects Others

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**Just how many people out there are involved in the life of a Alcoholic?**

Many people don't release this but **affects everyone** around them, from families, co- workers, friends, etc. Just think for a minute the problem is not just for the **Alcoholic**, and something he has to deal with, but it's also everyone who comes to contact with him on a daily basis.

1- Around **17 million** days of absenteeism from work are Alcohol related.

**2- Half of all violent crimes are Alcohol related.**

3- Between **16,000 and 24,000 deaths** each year are associated with Alcohol and it's misuse. These range from cancer suicide, strokes and accidental injuries.

4- There are around 10 million children who live in families which **have** one or both parents which have **alcohol misuse**.

5- Approximately **one third of all domestic violence at home is Alcohol related.**

6- 150 million people drink above the recommended daily guidelines, this is figure has been going up and up over the last few years. This is down to a number of things, stress, money, relationships, family, deaths.

**Want to find more information on how to stop drinking then visit <http://www.stopdrinkingadvice.org/guide/>**

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