



Bridging the Gap

Once you have left the facility and you have to face life on life's terms, everything might seem just a little too much. Things mightn't go how you thought or hoped they would and people might seem to look at you differently.

Don't pick up that first Drink!

Try to remember the HALTS.

Don't get too:-

- | | |
|---------------|--|
| Hungry | - Eat something, something sweet. |
| Angry | - Try saying the Serenity Prayer. |
| Lonely | - Go to a meeting or call someone in the Fellowship. |
| Tired/Thirsty | - Don't get over tired, drink water or a milkshake. |
| | or |
| Serious | - How important is it? Keep it simple. |

Try and call a member whose number you have or call:-

1300 22 22 22 that's **1300 AA AA AA** (Anywhere in Australia).

That person can talk with you and let you know where the nearest meeting is to you.

We'll be waiting, because someone was waiting for us.
That made all the difference.