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Alcoholism: Getting Help

Facing a problem with alcohol can be hard. Once a person decides to get help, it can be found in many places. Below you will find resources that can give you more information. They can also help you find treatment.

Alcoholics Anonymous (AA)

AA helps members get sober and stay sober. They help you build healthy patterns of living. Everyone is welcome at an AA meeting. You do not have to identify yourself. Some people find it easier to go to the first meeting with a friend. To find a meeting near you, contact AA online at www.aa.org. Or look in the phone book for the number of a local chapter.

Professional Care

This kind of care can be inpatient. It means you spend a period of time in a facility. Or it can be outpatient. This means you come and go. The facilities have medical support and can help a person detox. Most health insurance plans will cover at least some treatment. To find this kind of care, talk to your doctor or a counselor. Or go to a mental health clinic and ask for information. You can also go online to: <http://findtreatment.samhsa.gov>.

The Road to Recovery

Many people with alcoholism can give up alcohol for good. But change may not be easy or quick. Treatment is only a start. Relapses can be common. A relapse is not a sign of failure. Instead, it means treatment should continue. Once a person stops drinking, support is needed for them to stay sober. Aftercare programs and groups such as AA are good for this kind of support.

Helpful Websites:

- **National Institute on Alcohol Abuse and Addiction**
www.niaaa.nih.gov
- **National Council on Alcoholism and Drug Dependence, Inc. (NCADD)**
www.ncadd.org
- **Alcoholism Recovery Website**
www.alcoholismhelp.com
- **National Substance Abuse Web Index**
nsawi.health.org/compass

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