

Alcohol Addiction: Getting Help

Admitting you have a problem with alcohol or drugs is not easy. This may be called an addiction or a substance use disorder. Facing it takes courage and honesty. When you face your problem, you also accept that you are responsible for your actions and for changing them. There are many programs and people who can help you.

Recovery does not happen right away. There are many steps along the way. A counselor or other healthcare provider can help you. Friends and family may also help once you are working with experts.

Learn More

SAMHSA National Helpline, 800-662-4357

Addiction Resources

Al-Anon and Alateen

Al-Anon is a self-help program. It is for adult family and friends of people with an alcohol use disorder. Alcohol use disorder is commonly called alcoholism. Alateen has the same support for teenagers. These are no-cost support groups. The program is based on Alcoholics Anonymous (A.A.). To find a meeting, visit these resources:

- www.al-anon.org
- 757-563-1600

Adult Children of Alcoholics (ACA)

This group helps people who grew up in a home with a parent or primary caregiver with alcoholism. To find a meeting, use these resources:

- www.adultchildren.org
- 310-534-1815

SMART Recovery

Self-Management and Recovery (SMART) supports people and families with addiction by offering free programs. The programs focus on dealing with addictive thoughts and behaviors. To find resources in your area, use these resources:

- www.smartrecovery.org
- 440-951-5357

Other Resources

There are many resources to help you cope. These include:

- Professional care facilities and providers
- Self-help groups
- Referral services

You can also get the help of a professional who works with families. You may learn about ways to help a family member who refuses treatment.

To find these and other sources of help, visit the websites below:

- www.niaaa.nih.gov/alcohols-effects-health
- www.mha.ohio.gov

Signs of Alcohol Addiction (Alcoholism)

The more you regularly rely on alcohol to relax you or make you feel good, the closer you move toward addiction. If you decide you are on the path to addiction, you can take action to change your behavior, and you can find caring people to help you.

Check Your Addiction Level

You may drink to feel more likable, to loosen up, or to relax. But drinking has a serious downside. Alcohol can lead to serious health problems. These include liver disease and heart disease. It can also cause loss of mental function. To find out if you may have a problem with alcohol, read and answer the statements below. Answering yes to 3 or more questions may be a sign alcohol is taking over your life.

Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	Do you think a party or social gathering is not fun unless alcohol is served?
<input type="checkbox"/>	<input type="checkbox"/>	Have family members, friends, or co-workers ever commented on your drinking?
<input type="checkbox"/>	<input type="checkbox"/>	Do you have friends you drink with?
<input type="checkbox"/>	<input type="checkbox"/>	Do you look forward to your next drink?
<input type="checkbox"/>	<input type="checkbox"/>	If you only drink after work or on weekends, do you think you do not have a problem?
<input type="checkbox"/>	<input type="checkbox"/>	Are family members or friends beginning to avoid you?
<input type="checkbox"/>	<input type="checkbox"/>	Have you unsuccessfully tried to cut down or quit using alcohol?
<input type="checkbox"/>	<input type="checkbox"/>	Do you hide your use from other people?
<input type="checkbox"/>	<input type="checkbox"/>	Are you beginning to distrust and avoid some people?
<input type="checkbox"/>	<input type="checkbox"/>	Do you get up the day after drinking and not remember what happened the night before?
<input type="checkbox"/>	<input type="checkbox"/>	Do you have health problems as a result of your drinking?