

# Getting Help for Alcohol Addiction

Overcoming an addiction to alcohol can be a long road, but it is possible. The first step is to accept that you have a drinking problem. The next step is to seek support to help you stop drinking.

Alcoholism is a disease that affects all types of people and there is no shame in getting help. There are several treatment options and resources available to help with your recovery.

A good place to start is to talk to your healthcare provider. Your healthcare provider can evaluate your drinking pattern, put together a treatment plan, evaluate your overall health and determine if medications are needed to help you stop drinking.

In addition, you will choose between inpatient and outpatient treatment. Inpatient treatment means staying at a treatment center and outpatient would mean you would stay at home during your treatment.

Other treatment options include Behavioral and Cognitive Behavioral Therapy (CBT). CBT focuses on identifying the triggers that can lead to relapse.

Motivational Enhancement Therapy focuses on building and strengthening the motivation to change your drinking behavior. It focuses on the pros and cons of seeking treatment, coming up with a plan to make changes, and developing skills needed to stick to the plan.

Marital and Family Counseling involves partners and other family members in the treatment process and can help repair and improve relationships with loved ones.

*“To have a family member with this disease, it can take down the people around them because you can become very consumed and very obsessed with an addicted loved one. And it can affect you physically. It can affect your health. It can affect your emotions, your psychological health. And it can divert you from having your own life. So truly, seek your own help.”*

Another treatment option is Brief Interventions which are short, one-on-one, or small group counseling sessions where a counselor identifies patterns and risks. Your counselor then helps you set goals for change.

Support groups like Alcoholics Anonymous can also help with your recovery. Out of respect, we wish to maintain the anonymity of this member of Alcoholics Anonymous.

*“There's a local AA Offices across the country that you can reach out to and find somebody who's willing to talk to you about your situation and your problem with alcohol, and reassure you that you're not alone.”*

There is no one size fits all solution to treatment for alcohol addiction. But understanding your treatment options is an important first step.

If you relapse during treatment, do not give up. Recovery is a process that can involve setbacks. Relapsing does not mean you have failed.

*“The relapse often is an indication of an area of recovery that you might not see that you need to address. And so get-- come back, try to let go of the embarrassment and shame because a lot of people go through it. It's very common. And use the relapse to work in your favor in order to deepen your recovery.”*

For more information, please visit [alcoholtreatment.niaaa.nih.gov](http://alcoholtreatment.niaaa.nih.gov).