

Resources Page For Alcoholics and Their Loved Ones

Alcohol addiction impacts your life and the lives of those who love and care for you.

If you have a drinking problem, or know someone who has a drinking problem, here's a list of resources to help you on the journey to recovery.

Al-Anon Family Groups al-anon.org. Substance Abuse and Mental Health Services Administration samhsa.gov.

Rethinking Drinking: Alcohol & Your Health Rethinkingdrinking.niaaa.nih.gov. National Institute on Alcohol Abuse and Alcoholism Alcoholtreatment.niaaa.nih.gov.

There is no shame in asking for help. Reach out to one of these resources today to get the help you or your loved one needs.