

Tackling Drug And Alcohol Addiction: Reach Out To Helpful Resources



Overcoming an alcohol or drug addiction is a difficult process and it can be very tough to do alone. Many people struggle with knowing when it is time to make a change, and sticking with sobriety is often challenging and difficult to stick with for the long term. There are numerous resources available to help people navigate these challenges, and there is help available for the loved ones involved as well.

Changes in one's behavior may signal a need for help

As the Mayo Clinic details, when one becomes [regularly preoccupied](#) with drinking or drug use, and relies on these substances despite the problems they cause, an addiction may have formed and it may be time to make changes. Unhealthy alcohol consumption can come from binge drinking or drinking to the point that it causes safety or health risks, and when substance usage creates problems in one's day-to-day functioning it may be time to get help.

It is not always easy to recognize [alcohol or drug addiction](#), notes the Addiction Resource site. There are plenty of stereotypes floating around about those who have issues with drinking or drugs, but the reality may look quite different. Addiction can impact anybody regardless of socioeconomic status, race, or gender, and those who are in the midst of a crisis may not recognize that they need help.

Resources are available to lend guidance in tackling an addiction issue

People may think that they can just cut back or handle things independently, and some are successful using that approach. However, reaching out for help and resources is often key to ending an addiction to drugs or alcohol. There are numerous options available to those dealing

with addiction, as well as for their loved ones, and different approaches work for different people.

It can be difficult to reach out for help in the midst of an addiction crisis and people often are not sure where to start looking for assistance. As the National Institute of Drug Abuse details, it can be challenging to [find the right resource](#) for an individual's specific needs. There are numerous helplines available that can get the process of finding help moving along, like the Substance Abuse and Mental Health Services Administration (SAMHSA) Helpline which can be reached at 1-800-662-HELP (4357).

The SAMHSA helpline is a free information service that is always available and can help to direct individuals, or assist loved ones, to local organizations, support groups, and treatment options. There is no charge for the SAMHSA services and they can help people in need find resources for treatment that utilize sliding fee scales, are state-funded, or utilize one's private health insurance.

A medical professional can provide individualized insight and assistance

Many people find it necessary to check into an inpatient rehabilitation program that provides counseling and medical support, with outpatient counseling being incorporated down the road. This can be a difficult decision to accept, and not everybody ultimately goes this route. However, it is important to consult with a physician or an addiction specialist to determine the best route toward [sobriety](#) for an individual.

Alcohol and drug addiction is hard on everybody in the picture, and there are resources available to help an addict's loved ones as well. For example, many find groups like [Al-Anon](#) or [Nar-Anon](#) to be particularly helpful during the process of working through a loved one's addiction. Those who are struggling with drug or alcohol addiction face a significant challenge in working toward recovery, but acknowledging when it is time to make a change and reaching out to resources that can help are key to becoming sober.

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