



Alcoholism: Resources for Family and Friends

Millions of people are significantly affected by somebody's else's drinking, and an immense resource network has developed to help deal with the problem. This network includes self-help groups, professional care facilities and practitioners, and information and referral services. Try the websites below or look in the phonebook under "alcoholism information and treatment."

Al-Anon and Alateen

The best known method of family care is participation in Al-Anon Family Groups, a worldwide self-help organization for family members and friends of alcoholics. These groups, Al-Anon (for adults) and Alateen (for teenagers), offer friendship, a group support system, and a program for regaining a healthy life. Their program is adopted from Alcoholics Anonymous, and like AA, participation in Al-Anon and Alateen is confidential and cost-free. There is an Al-Anon Family Group in almost every area.

Adult Children of Alcoholics (ACA)

Adult Children of Alcoholics groups help people overcome negative thinking and behavior patterns adopted while growing up in an alcoholic home. Studies show that children of alcoholics are at a higher risk of developing alcoholism than are other people.

Professional Care

Family members may benefit from professional care, and many require it. Professional care is available in the form of individual, family, or group therapy, under the guidance of a psychiatrist or a professional counselor or therapist trained in chemical dependency.

Resources on the Web

Alcoholics Anonymous www.aa.org

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