

Help for People with Alcohol Problems

When someone has an alcohol problem, professional help is often needed. If the person is physically dependent on alcohol, stopping drinking suddenly can be dangerous so it is always safest to seek medical advice.

Alcoholism is like an illness where someone has lost control over their drinking. Denial is a common feature of addiction so the first step is recognising that there is a problem. There are people and places that can help, but as hard as it is for family and friends, only the person with the drink problem can choose to accept this help. Alcohol treatment involves helping people to stop being physically dependent on the drug and then learning how to cope with life without alcohol. Types of support include helplines, support groups, counselling, detoxification, daycare and residential treatment programmes. Recovery is not always easy and some people take several attempts to stop drinking, whilst for others it may be a continuous struggle.

For people concerned about their drinking, their GP is often a good starting point for seeking help. GPs can make referrals to local alcohol services.

Some national sources of help and treatment directories are listed below. You can also contact the Nacoo helpline who will happily research sources of support in your area.

Alcoholics Anonymous (AA)

www.alcoholics-anonymous.org.uk Tel: 0845 769 7555
Information, support and local meetings for alcoholics

Drinkline

Tel: 0800 917 8282
Helpline for people worried about their own or other people's drinking

Addiction Today

Journal for the alcohol and drug treatment field that provides a treatment directory
<http://directories.addictiontoday.org/treatment>

Drink and Drug News

Magazine for the substance misuse field that produces a listing of Residential treatment services
<http://drinkanddrugsnews.com/residential-directory/>

Dry Out Now

www.dryoutnow.com Tel: 0845 370 0203
Free and confidential advice regarding alcohol treatment and rehab centres for people with alcohol problems and their friends and relatives.

