

Support Resources For Drug And Alcohol Addiction: How To Move Forward During A Crisis



Drug and alcohol addictions impact people's lives in a number of complicated ways, and achieving sobriety is never an easy process. Those struggling with an addiction crisis may not know what to do or when to change course, and a person's loved ones are typically impacted in significant ways during this kind of crisis as well. What are some of the ways to cope with an addiction issue and where can one turn for help?

Addiction impacts families of every type

Addiction can impact just about anybody, as issues with drugs or alcohol affect millions of people across gender, race, and age demographic. Addiction is considered to be a chronic disease and can range from mild to moderate to severe. Those who struggle to cope with alcohol or drug use often have a hard time accepting that help and change are necessary, and loved ones often struggle with how to intervene effectively.

How does one know that it is time to get help with an alcohol or drug addiction? According to the site 12 Keys Rehab, there are [some telltale signs](#) that signal a problem with substance use that may require intervention and possibly even some time in a treatment program.

When one starts to pull away from regular commitments, loved ones, and regular routines, and is drinking or using drugs secretly or by themselves, this is often a red flag that it is time to reach out for help to deal with a substance addiction. Withdrawal symptoms can begin to kick in when someone has not had their drug or alcoholic beverage of choice for a while, and these symptoms can include vomiting, headaches, anxiety, irritability, and stomach issues. Lying about usage and engaging in risky behavior can also signal that it is time to get some help.

Accepting the need for help can be extremely difficult

U.S. News & World Report points out that it can be [very challenging to accept](#) that it is time to reach out for help when battling a drug or alcohol addiction. Once someone realizes that it is time to face their addiction, there are resources available that can provide guidance and assistance, and there are many approaches to attaining sobriety that can be effective. Many people will need to turn to treatment of some sort, but that is not a one-size-fits-all type of care. Some people do best with inpatient rehabilitation, while others can succeed with outpatient care.

No matter what type of treatment plan one feels is best, coordinating the process with an experienced specialist is critical. Finding the right fit can be a difficult process, but some find it beneficial to start either with a family physician or to reach out to an online resource or a telephone helpline. Psych Central provides a lengthy list of [reputable helpline resources](#) such as the National Helpline for Substance Abuse at 1-800-262-2463 and the National Council on Alcoholism and Drug Dependence Hopeline that can be reached at 1-800-622-2255.

Support is available for loved ones as well

While the person at the center of a drug or alcohol addiction needs experienced assistance in becoming sober, that person's loved ones likely need some resources for assistance as well. Al-Anon and Nar-Anon are popular resources for support, and other groups such as the [Parents of Addicted Loved Ones](#) can provide much-needed support as well.

Attaining sobriety when in the midst of an alcohol or drug addiction is not an easy task and it can be incredibly difficult to acknowledge that something like a rehabilitation program may be necessary. However, help is available to both loved ones and those facing an addiction and successful [recovery](#) is possible with a carefully-constructed plan.

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