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## How to get help for a drinking problem

### Help is always available

Not all people with alcohol problems look or act alike. Or even start drinking for similar reasons.

But one thing is certain: *Everyone* can get help.

### Warning signs

Many people with alcohol issues are successful people who work every day. They aren't easy to spot.

But there are some signs:

- **Drinking more** to get the same feeling
- **Withdrawal symptoms**, like hangovers or shaking
- **Loss of control**, with an overpowering urge to drink
- **Health and legal issues**, like injuries or arrests

### Who's at risk

Anyone can have a drinking problem, at any time in their lives.

But someone's more at risk if they:

- Have a family history of alcohol abuse
- Start drinking at an early age
- Have a behavioral condition, like anxiety or depression

### The first step

Many people do achieve recovery and go on to live full lives of long-term stability. So if you or someone you know has a problem with alcohol, get help today.

You might start by calling your family doctor. He or she can provide medical advice and treatment options. And refer you to other services.

### More healthy resources

There are many other avenues to turn to for help:

- **Your state government.** Look for a state agency that works with drug and alcohol treatment programs.
- **Alcoholics Anonymous (AA).** This group holds meetings in many cities and towns across the country. And it has a clear history of success.
- **Al-Anon.** If you're a friend or a family member of a drinker, here's a place where you can find understanding and support.

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