NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.

There Is Hope, There is Help, There is Healing

The use of alcohol and drugs by a friend or family member can leave us with many unanswered questions, unable to understand what is happening and feeling like you are living on an emotional rollercoaster. You may find yourself struggling with a number of painful and conflicting emotions, including guilt, shame, fear and self-blame. And, because of their continued use of alcohol and drugs, it is easy to become frightened, frustrated, scared and angry. ***Do Not Give Up! There is Help!***

Like any other chronic disease, addiction to alcohol and other drugs affects people of all ages regardless of income, educational background, country of origin, ethnicity, sexuality, and/or community where they live. Anyone can become addicted to alcohol and drugs and anyone can be affected by another person's addiction- **especially friends and family members**. In fact, more than 23 million people over the age of 12 are addicted to alcohol or drugs. As a friend or family member, ***You Are Not Alone!***

NCADD Affiliates offer a range of services including help for individuals and family members. If you are concerned about your own alcohol or other drug use or that of someone you care about—a child or other relative, a friend or co-worker—**please make the contact**. You will be able to speak to someone who will listen, assess your needs and provide information about available services, costs and how to deal with another person's alcohol and/or drug use. **Help is just a call or visit away—Make the contact now!**

FACT: A Gallup Poll found that **1 in 5 families** had been touched by problems related to drinking – **24%!**

For family and friends you have seen and felt the negative effects and damage done by alcohol and drugs. In some ways, your awareness and understanding of the damage being done is far greater than the person who is actively drinking or using. By virtue of your relationship, you can see the changes and consequences as they are taking place- physically, emotionally, socially, financially and legally. Addiction, without treatment and recovery, can and will literally tear families apart and destroy strongly bonded friendships. ***But, You Can Be Part of the Solution!***

As a start, there is no question that gaining a greater understanding of alcohol, drugs and addiction will help you to better handle the situation. For family and friends it is important to

recognize your own feelings and reactions when dealing with a loved one who is abusing alcohol or using drugs. ***Do Not Deny or Minimize the Problem!***

FACT: According to a 2006 Gallup Poll, those who confronted their addicted family member were much more successful in getting him or her to admit the addiction (65%) than those who did not confront their relative (29%). **Speak Up!**

Within this section of the NCADD website, we offer valuable information about:

- Frequently Asked Questions/Facts – basic facts as well as frequently asked questions and myths
- Signs and Symptoms – some signs to look for about use of alcohol or drugs as well as two quizzes on Are You Troubled By Someone's Drinking and Do You Need Nar-Anon
- Helping Someone You Are Concerned About – important information on getting help for yourself and the person you are concerned about
- Family Education – information about what friends and families need to learn
- Intervention – information about Intervention as a way to engage family and friends in a program of education aimed at helping someone accept treatment
- Family Disease and Recovery – information about the Family Disease of alcoholism and addiction as well as information about getting help and recovery
- Recovery Stories from Family Members – real-life stories from family members of hope, help and healing.