NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.

A Most Important First Step- Find Help Near You

Getting help opens up new doors and opportunities. Confronting alcohol and drug problems in your life gives you and your loved ones the opportunity to experience a healthier and more productive life – to walk a road paved with the support needed and necessary to discover a better way of living.

You have made a choice – a very important one - to do something about your or another's addiction. It takes action and courage to do so - Congratulations! Although the road ahead will be filled with challenges, be patient, be persistent and stick with it.....you are doing the right thing!

So, how do you find the help you need nearby?

NCADD knows that more than 23 million people over the age of 12 are addicted to alcohol and drugs- almost 1 in 10 people. Since addiction occurs in the community where you and your loved ones live, NCADD has a National Network of Affiliates made up of nearly 100 local and state Affiliates across the United States. Please use our "Find an Affiliate" database to locate the NCADD Affiliate nearest to you or call our HOPE LINE for Affiliate Referral at 800-NCA-CALL (800-622-2255) for 24-hour Affiliate referral.

You should know that you are not alone. Last year, 713,000 people contacted NCADD and our National Network of Affiliates seeking help for themselves, a friend or family member! Over and over, we've seen how people can turn their lives around. Addiction kills but it can be stopped in its tracks. There are many pathways to recovery if you are willing to take them. You can help yourself and others with the disease of alcoholism and drug dependence.

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!**

You will find our professional team ready and prepared to listen. We will provide information, help you to assess your situation and, if indicated, work with you to refer you to the most appropriate resources in your community: an inpatient residential facility, an outpatient, non-residential

treatment program or mutual aid self-help resources like Alcoholics Anonymous (AA), Narcotic s Anonymous (NA), Al-Anon Family Groups or Nar-Anon Family Groups, among others. We will work to answer any questions you may have and help you find the right solution. You can expect to receive a prompt, professional response and to be treated with dignity and respect. Within the protection of the law, all services will be confidential. Quite often, just talking to an NCADD Affiliate staff member will get you started on the right path.

If your situation is an emergency, we urge you go directly to your nearest hospital emergency room.

If there is not an NCADD Affiliate near where you live, you can use the Substance Abuse and Mental Health Services Administration (SAMHSA) Substance Abuse Treatment Facility Locator to find local resources.

In your community, there are professionals who are specifically trained and successfully experienced in providing help to individuals and family members struggling with alcohol and drug related problems, including addiction treatment programs, psychiatrists, psychologists, social workers, credentialed alcohol and substance abuse counselors and other certified specialists. Do not assume that your personal physician, clergy leader, local school's teachers, social workers and/or guidance staff may be specifically trained and successfully experienced in alcohol and drug issues. However, they may be an additional resource in identifying good, quality programs and clinicians. Rehabilitation treatment centers, both inpatient and outpatient, as well as other local resources are usually close by or not too far from where you reside.

It is our experience too, that Mutual Aid and Support Groups, such as AA (Alcoholics Anonymous) and NA (Narcotics Anonymous), Al-Anon Family Groups or Nar-Anon Family Groups, and many others, can be very helpful for you or your loved ones. These free, support groups exist in most communities – in practically every village and town across America.

For additional information, please visit Mutual Aid/Support Group. NCADD's founder, Marty Mann, was the first woman to recover from alcoholism in the rooms of Alcoholics Anonymous (AA).

- **HELP IS AVAILABLE. HELP IS NEARBY.**
- **HELP IS IN YOUR COMMUNITY.**

- **RECOVERY IS A JOURNEY TO A BETTER LIFE.**

For immediate assistance, please call 1-800-NCA-CALL (622-2255) or search our NCADD National Network of Affiliates to identify and contact the NCADD Affiliate in your community.

Within this section of the NCADD website, we offer valuable information about:
Family Education--an educational overview of the impact of alcohol and drugs on the whole family.
Intervention--an overview of intervention including tips and guidelines.
Mutual Aid and Support Groups--information on and links for mutual aid, also called self-help groups, that play such an important role in recovery for millions of people.
Medication-Assisted Recovery--information about medication-assisted recovery, including NCADD's booklet: "A Consumer's Guide to Medication-Assisted Recovery."
Stories of Recovery--compelling, first-hand stories of recovery from people like you who now lead rich and fulfilling lives because of their long-term recovery.
Addiction Medicine-- monthly medical updates from the NCADD Medical-Scientific Committee
Research Update -- monthly updates on practical information from important research findings