NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.

# Understanding Alcohol and Alcoholism

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If you're visiting the NCADD website to find out about **alcohol,** you are in the right place. We have chosen to have a separate section about alcohol because it is our most commonly used drug and it represents our number one drug problem.

Ethanol, commonly known as alcohol, found in beer, wine and spirits (like whiskey, gin, scotch, vodka, etc.) is a psychoactive drug that has a depressant effect. Alcohol, consumed across cultures, often used to help and promote social interaction, is popular, generally accepted and legal.

**However, for millions of individuals and family members, alcohol is a source devastating pain and loss. Alcohol is addictive and the state of addiction to alcohol is known as the disease of alcoholism**.

But, to begin to better understand alcoholism, there is a great deal we need to talk about regarding alcohol and it's effect on the individual, the family and many of major problems faced by our society - crime, drinking and driving and in the workplace. In addition, we need to discuss the special role that alcohol plays in problems among women, veterans and seniors.

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

- Frequently Asked Questions/Facts – basic facts as responses to Frequently Asked Questions (FAQs)
- Signs and Symptoms – some of the signs to look for about alcohol-related problems and alcoholism
- Alcohol and Crime –information on connection between alcohol and crime
- Drinking and Driving – information about drinking and driving
- Fetal Alcohol Effects – information about drinking alcohol and pregnancy- Fetal Alcohol Effects (FAE) and Fetal Alcohol Syndrome Disorder (FASD)
- Seniors, Veterans and Women – information about Alcohol and Seniors; Alcohol and Veterans and Alcohol and Women
- Workplace – information on alcohol in the workplace and Employee Assistance Programs (EAP's)

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!**