

If you have come to the NCADD website concerned about your own use of alcohol or drugs, or you are worried about a family member, co-worker or friend, you are to be congratulated.

Taking that first step isn't easy--we applaud you for your courage and the initiative you've taken.

The choice you are making--to do something about your own or another's addiction--is one of the most important choices you'll ever make in your life.

There are many paths to recovery and several ways to get the help you need. Sometimes it takes an inpatient rehab stay. Other times, an outpatient treatment program provides essential assistance. Quite often, AA (Alcoholics Anonymous), NA (Narcotics Anonymous) or Al-Anon Family Groups and Nar-Anon for family members, give people just what they need to get well and lead a better life. You don't have to wait until you hit rock bottom, your child gets in trouble, your marriage is destroyed or someone gets hurt. We offer you a variety of links on this site so you can find the right direction for you, your family or your friends: in your community, near where you live.

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!**

Recovery, for the individual or the family, starts with admitting you have a problem--if you and others are willing to change, there are solutions--Recovery is about the joy of living.

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.

REACHING OUT FOR HELP IS AN ESSENTIAL FIRST STEP AND YOU ARE MAKING IT!

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:

- [Local Resources](#)--provides information about how to find help near you, including NCADD's National Network of Affiliates.
- [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



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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.

YOU CAN GET HELP. YOU CAN HELP OTHERS.