

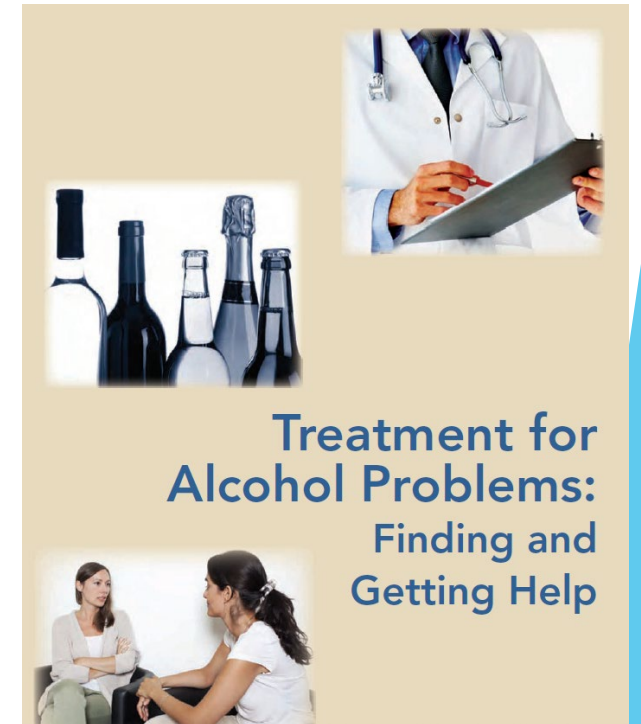
Visit 18 - Treatment Resources

Treatment Resources

Professional Help

Recent advances in treatment for alcohol use disorder have provided more choices for patients and health professionals. In addition to this summary, below, you can review current options in [Treatment for Alcohol Problems: Finding and Getting Help](#) by opening the document below:

<https://rethinkingdrinking.niaaa.nih.gov/thinking-about-change/professional-support>



Treatment Resources

Medications to Treat Alcohol Use Disorder

The U.S. Food and Drug Administration (FDA) has approved three medications for treating alcohol use disorder: naltrexone, acamprosate, and disulfiram. Some medications already approved for other conditions have also shown promise for treating alcohol use disorder in clinical trials.

<https://rethinkingdrinking.niaaa.nih.gov/thinking-about-change/professional-support>

Treatment Resources

Medications to Treat Alcohol Use Disorder Continued

Naltrexone and acamprosate can help a person quit drinking by offsetting changes in the brain caused by alcohol use disorder. Disulfiram works by causing unpleasant reactions when a person drinks while taking this medication.

None of these medications are addictive. They can be combined with mutual-support groups or behavioral treatments.

As an alternative to specialty treatment, your regular doctor can treat alcohol problems using medications and several brief office visits for support.

<https://rethinkingdrinking.niaaa.nih.gov/thinking-about-change/professional-support>

Treatment Resources

Behavioral Treatments

Often known as alcohol counseling or “talk therapy”, behavioral treatments also work well. Several counseling approaches are about equally effective—cognitive-behavioral, motivational enhancement, marital and family counseling, or a combination.

<https://rethinkingdrinking.niaaa.nih.gov/thinking-about-change/professional-support>

Treatment Resources

Behavioral Treatments Continued

Getting help in itself appears to be more important itself appears to be more important than the particular approach used, as long as it offers empathy, avoids heavy-handed confrontation, strengthens motivation, and provides concrete ways to change drinking behavior. See the link below for organizations to help you find a psychiatrist, psychologist, social worker, or other substance abuse professional.

Specialized, intensive treatment programs: Some people will need more intensive programs. See the link below for a treatment locator. If you need a referral to a program, ask your doctor.

<https://rethinkingdrinking.niaaa.nih.gov/thinking-about-change/professional-support>

Treatment Resources

Feeling Depressed or Anxious?

It's common for people with alcohol problems to feel depressed or anxious. Mild symptoms may go away if you cut down or stop drinking. See a doctor or mental health professional if symptoms persist or get worse. If you're having suicidal thoughts, call your health care provider, or go to the nearest emergency room right away. Effective treatment is available to help you through this difficult time.

Information about depression, anxiety, and other mental health topics is available from the [National Institute for Mental Health](https://rethinkingdrinking.niaaa.nih.gov/thinking-about-change/professional-support).

<https://rethinkingdrinking.niaaa.nih.gov/thinking-about-change/professional-support>

Treatment Resources

Helpful Links

- [Information resources](#)
- [Professional help](#)
- [Mutual-support groups](#)

Information resources

[National Institute on Alcohol Abuse and Alcoholism](#)—

For information on the causes, consequences, prevention, and treatment of alcohol-related problems from the lead U.S. research agency on alcohol and health: [301-443-3860](tel:301-443-3860).

Sample resources for the public:

- [Alcohol Treatment Navigator](#)[®] website
- [Rethinking Drinking](#)
- [Treatment for Alcohol Problems: Finding and Getting Help](#)
- [Drinking and Your Pregnancy](#)
- [Harmful Interactions: Mixing Alcohol with Medicines](#)