

At-Risk Drinking: Where to Get Help

In spite of all your efforts, you may find that you simply cannot cut down on your drinking. You may be successful for a while, but soon return to drinking at your previous risk level or even more.

If you find that you cannot cut down, you may have already developed an alcohol use disorder. You may need to try to quit drinking altogether or seek help to quit.

If you are concerned that either you or someone in your family might have a drinking problem:

- Talk to your primary medical provider (PMP).
- You can also get help by calling a crisis hotline.
- Support groups are also available in most communities.

More Resources

Learn more about at risk drinking, alcohol abuse and alcoholism by visiting the following websites.

- [Rethinking Drinking \(rethinkingdrinking.niaaa.nih.gov\)](http://rethinkingdrinking.niaaa.nih.gov)—National Institute on Alcohol Abuse and Alcoholism
- [Alcohol and Public Health \(www.cdc.gov/alcohol/faqs.htm\)](http://www.cdc.gov/alcohol/faqs.htm)—Centers for Disease Control and Prevention

Sources:

National Institute on Alcohol Abuse and Alcoholism, National Institutes of Health, Centers for Disease Control and Prevention, National Council on Alcoholism and Drug Dependence, Inc., National Institute on Alcohol Abuse and Alcoholism (NIAAA)