

Resources for faith leaders to help you bring hope and healing



As a faith leader, you are often the first point of contact for people struggling with a drinking problem, whether it's their own or that of a loved one. You can guide your members toward a healthier future with a **free online tool**, the [NIAAA Alcohol Treatment Navigator](#)[®].

Help your members who have alcohol problems

The *Navigator* is a trustworthy resource from the National Institute on Alcohol Abuse and Alcoholism ([NIAAA](#)), a part of the National Institutes of Health. It points the way to science-backed care offered by health professionals. This includes telehealth services, an essential during the COVID-19 pandemic.

The *Navigator* provides:

- **Consumer education** about alcohol problems and evidence-based treatment approaches that increase the odds for a successful recovery.
- **Search tools and strategies** for finding a range of quality providers, including those who offer telehealth services in your area.
- **A roadmap** for how to best support individuals and their families through the process—from starting the conversation, to choosing a provider, to understanding relapse.

In short, the *Navigator* is like having a treatment expert guide you as you help others make a difficult and important decision.

Spread the word

Here's how you can help inform your community about the *Navigator*:

- **Become familiar with the *Navigator's* expert guidance and search process.** Consider using the tools to find some examples of quality treatment options in your area.
- **Share the *Navigator* directly with people who come to you for help.** Provide the web address and look at the site together if possible. See if they can use it on their own or if they need help.
- **Share the *Navigator* in print or on social media.** See the following pages for flyers and postcards to hand out, post, or mail. See the [Spread the Word](#) page for tweets, Facebook posts, and more.

We value your feedback. Please email your comments, stories of success, and how you're using the *Navigator* to NIAAANavigator@mail.nih.gov.

Visit the *Navigator* at AlcoholTreatment.niaaa.nih.gov



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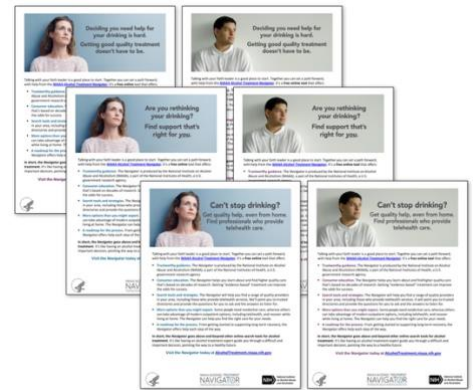
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Printable flyers and postcards

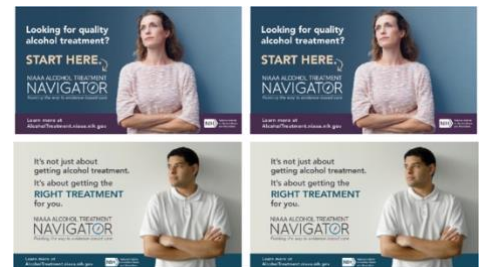
Page(s):

Flyers (8½" x 11")—with 3 message options:

- 3–4** *Deciding you need help for your drinking is hard. Getting good quality treatment doesn't have to be.*
- 5–6** *Are you rethinking your drinking? Find support that's right for you.*
- 7–8** *Can't stop drinking? Get quality help, even from home. Find professionals who provide telehealth care.*



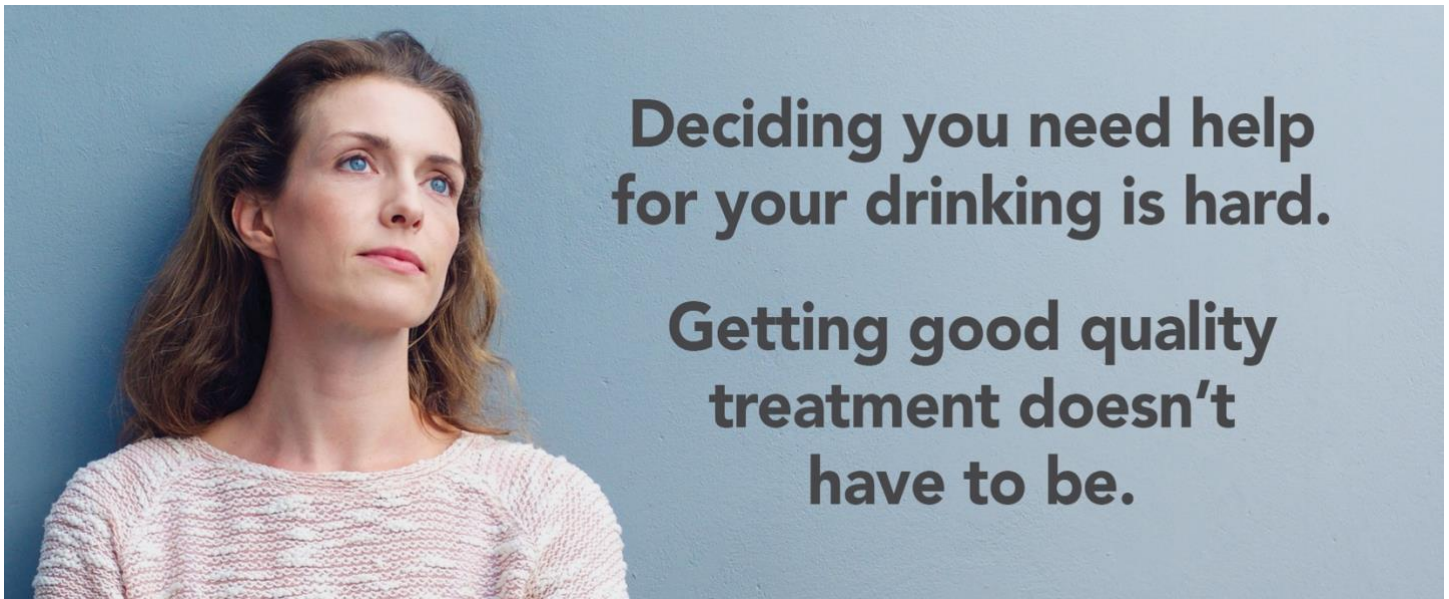
- 9** **Postcards** (fit to Avery 3263 postcard template)—**with 2 messages:**
Looking for quality alcohol treatment?
It's not just about getting alcohol treatment. It's about getting the right treatment for you.



Ready-made social media messages

Visit the *Navigator's* [Spread the Word](#) page for **tweets, Facebook posts, images, videos,** and a **drop-in article** for your newsletter.





Talking with your faith leader is a good place to start. Together you can set a path forward, with help from the [NIAAA Alcohol Treatment Navigator](https://alcoholtreatment.niaaa.nih.gov)[®]. It's a **free online tool** that offers:

- **Trustworthy guidance.** The *Navigator* is produced by the National Institute on Alcohol Abuse and Alcoholism (NIAAA), a part of the National Institutes of Health, a U.S. government research agency.
- **Consumer education.** The *Navigator* helps you learn about and find higher quality care that's based on decades of research. Getting "evidence-based" treatment can improve the odds for success.
- **Search tools and strategies.** The *Navigator* will help you find a range of quality providers in your area, including those who offer telehealth services. We'll point you to trusted directories and provide the questions for you to ask and the answers to listen for.
- **More options than you might expect.** Some people need residential or inpatient care, whereas others may choose modern outpatient options, including telehealth, and recover while living at home. The *Navigator* can help you find the right care for your needs.
- **A roadmap for the process.** From getting started to supporting long-term recovery, the *Navigator* offers help each step of the way.

In short, the *Navigator* goes above and beyond other online search tools for alcohol treatment. It's like having an alcohol treatment expert guide you through a difficult and important decision, pointing the way to a healthy future.

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NIAAA ALCOHOL TREATMENT
NAVIGATOR
Pointing the way to evidence-based care





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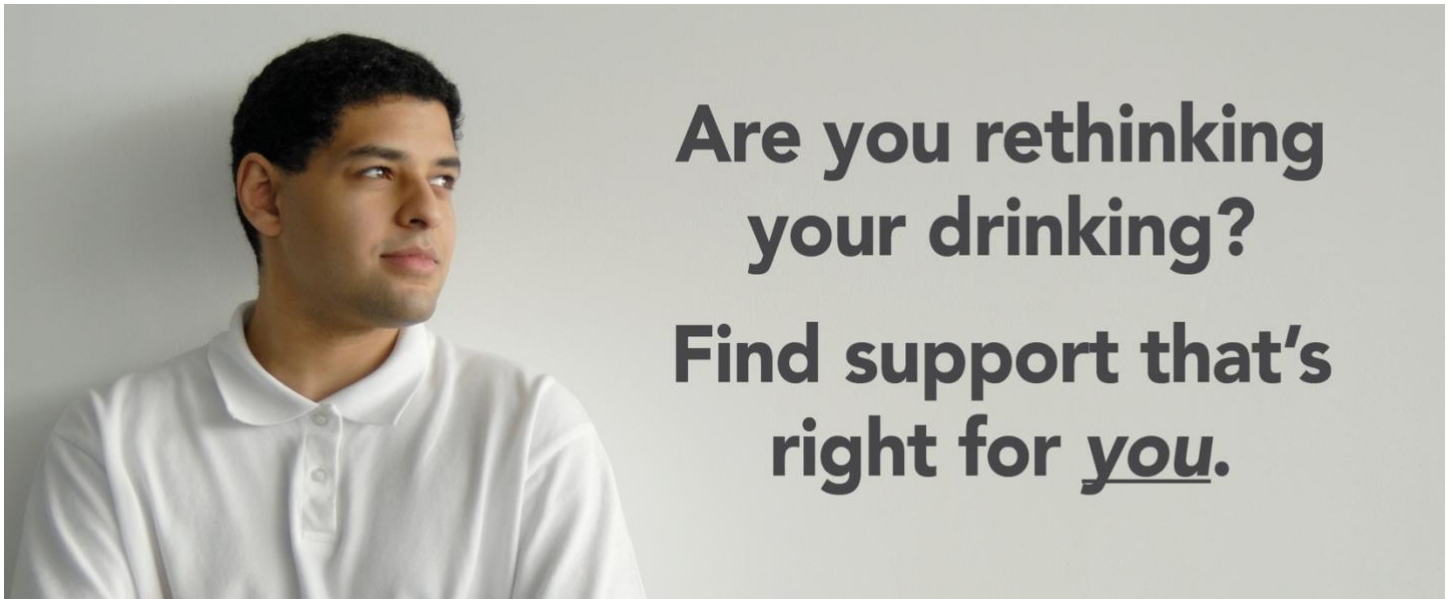
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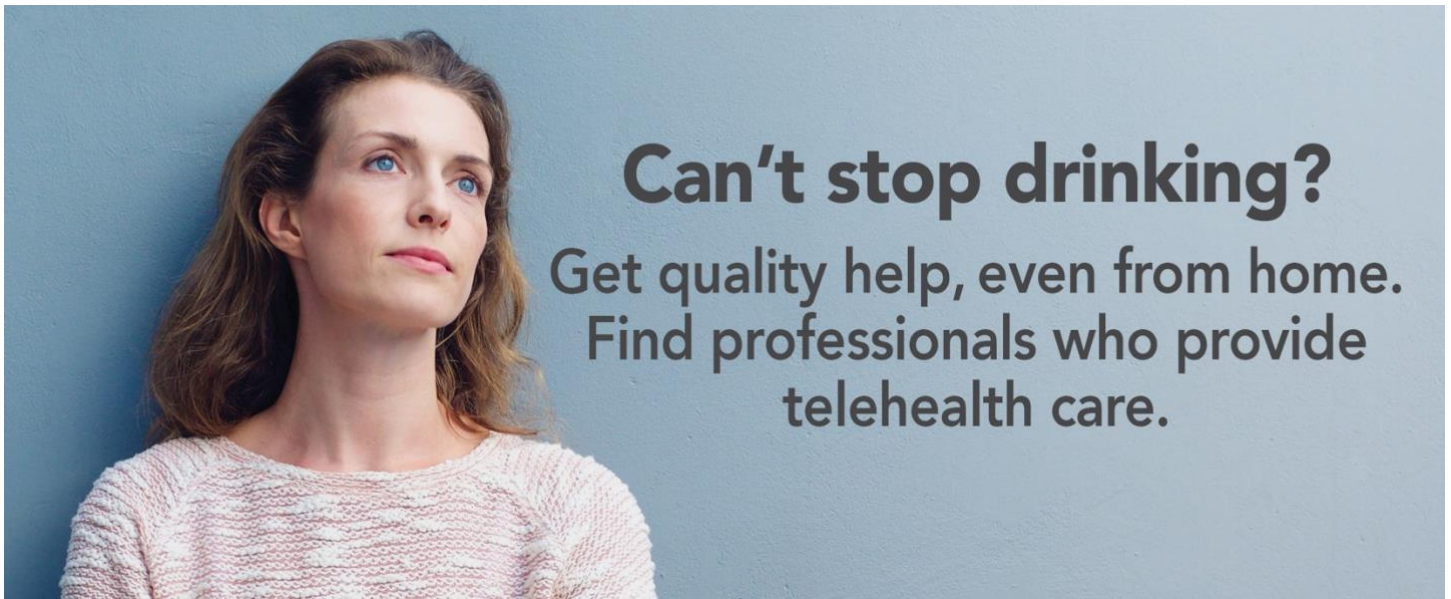
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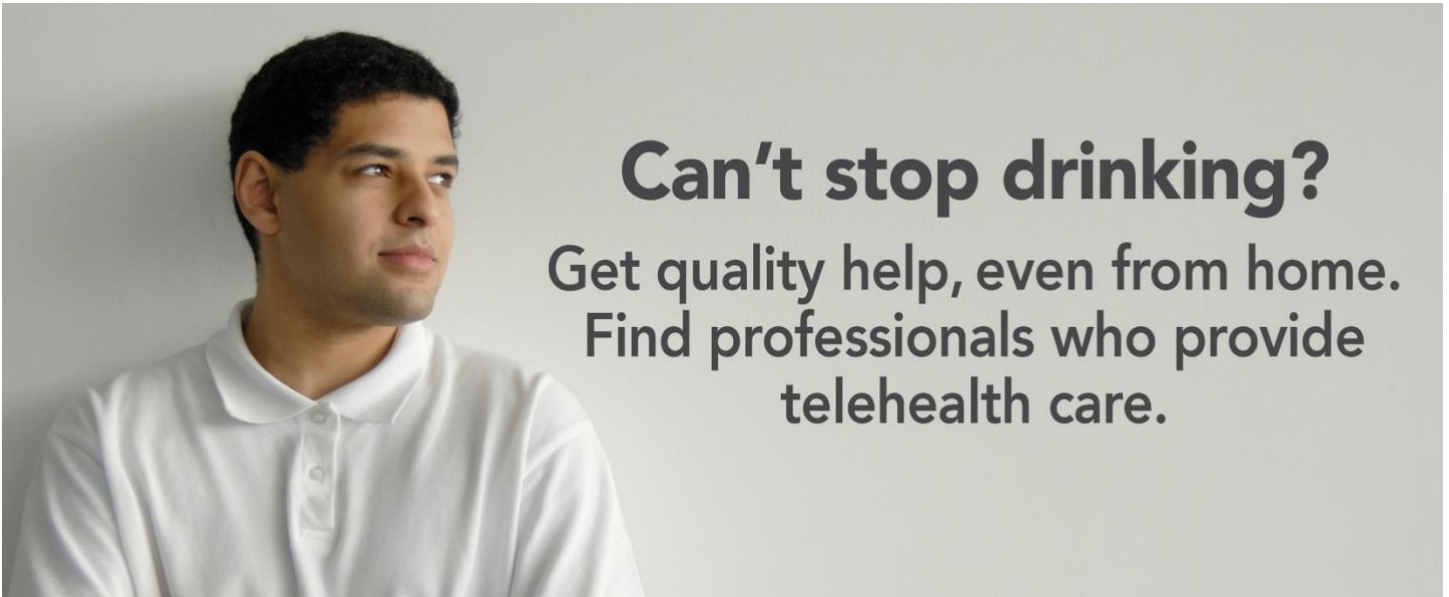
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