



Are you rethinking your drinking?

Find support that's right for *you*.

Admitting you need help with your drinking can be hard. But finding quality care that meets your needs is easier now—with the ***NIAAA Alcohol Treatment Navigator***. It's a free online tool that offers:

- **Trustworthy guidance with no commercial ties.** The *Alcohol Treatment Navigator* is produced by the National Institute on Alcohol Abuse and Alcoholism, a part of the National Institutes of Health.
- **Info about little-known options.** Different people need different treatment approaches. Modern outpatient options allow many people to create their own care team and recover while living at home.
- **Insights into quality care.** 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.

Most people with alcohol problems benefit from some form of treatment. What type is right for you? The ***Navigator*** will help you:

- Learn about today's many treatment choices—including outpatient options
- Recognize signs of quality care—and find professionals in your area who provide it
- Know the key questions to ask each provider—and the answers to listen for
- Compare the options you find—and decide which is best for your situation

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



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

