

# Drop-In Article for Newsletters

## *For an audience of patients*

**Finding Quality Treatment for Alcohol Use Disorder**

Alcohol use disorder (AUD) is a treatable health condition informally known as alcoholism. AUD is marked by uncontrolled and problematic drinking. Healthcare professionals use a list of symptoms to diagnose AUD. Depending on how many symptoms the person has, AUD can be mild, moderate, or severe. Even a mild disorder can lead to problems, so treatment is important.

Research shows that AUD can cause lasting changes in the brain. That's why AUD is best treated by a healthcare professional. **The good news is that effective treatment can help the brain heal while providing the support needed for recovery**.

Different people with AUD need different treatment options. While some do well with mutual help groups like AA, others need more or other types of support. **Fortunately, today there are more treatment options than you may expect.** Healthcare professionals offer science-backed care in different settings and levels of intensity. Telehealth options offer flexibility, privacy, and social distancing during the pandemic.

**A free, trustworthy online tool called the** [**Alcohol Treatment Navigator**](https://alcoholtreatment.niaaa.nih.gov/)**® can help you find quality, professional care.** Unlike many other search tools, the Navigator has no commercial sponsors. It was produced by the lead U.S. agency for research on alcohol and health, the National Institute on Alcohol Abuse and Alcoholism (NIAAA), one of the National Institutes of Health.

The Navigator provides:

* **Consumer education.** Learn about evidence-based treatment approaches that increase the odds for a successful recovery.
* **A 3-step “road map” with expert guidance.** Learn how to find a range of quality providers that are a good fit for your situation.

If you or a loved one needs help with an alcohol problem, **visit the** [**Navigator**](https://alcoholtreatment.niaaa.nih.gov/) **today** to find quality care that can lead to a healthier future.