



Addiction Stress: Where to Seek Help **by award-winning author / stress-relief expert Susie Mantell**

Experts agree that addiction is clearly a progressive disease. Fortunately, the recovery process is progressive as well. Skilled, knowledgeable counselors with specific expertise in addiction recovery can facilitate individuals and families in assuming fuller responsibility, as the addict and loved ones grow to understand what is possible, and the available steps to the full and joyful life in recovery that millions and millions have found.

Here are some places to seek professional help for addicts and their loved ones:

1. Local hospitals and community outreach programs
2. Clergy of any denomination
3. Trusted physicians, therapists or addiction counselors
4. Local chapters of All 12 Step Recovery Programs.

These world-renowned fellowships offer experience, strength and hope through group support, with utmost confidentiality. There are no dues or fees. Here is a sampling, but there are more:

Alcoholics Anonymous For those who have difficult controlling alcohol use. Visit: <http://www.aa.org>

Al-Anon For family members and loved ones of addicts. Visit: <http://www.alanon.org>

Co-Dependents Anonymous For family and friends of addicts, who want to address their own role in the process and move forward. Visit: <http://www.codependents.org>

Overeaters Anonymous or anyone who struggles with over or under-eating or binge-eating, body image issues and other obsessive and compulsive behaviors related to food. Visit: <http://www.oa.org/>

Gamblers Anonymous for anyone who struggles with gambling and high-risk behaviors relating to risk-taking as it pertains to money. Visit: <http://www.gamblersanonymous.org>

Debtors Anonymous for anyone who struggles with indebtedness and the spiral of spending and other issues relating to managing money. Visit: <http://www.debtorsanonymous.org>

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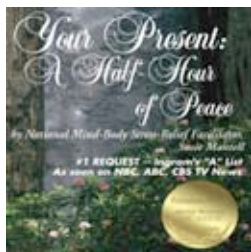
Narcotics Anonymous for anyone who struggles with use and abuse of prescription and/or street drugs.
Visit: <http://www.debtorsanonymous.org>

Sex Addicts Anonymous for anyone who suffers from compulsive sexual behavior. Visit:
<http://www.sexaa.org>

Closing Thought:

There are **Free** 12-Step Recovery Programs in nearly every city and in many small towns across the United States and in many foreign countries. While this is not the only course of treatment, it is tried and true, readily available, provides anonymity and privacy. Even if you do not attend regularly, they may offer some suggestions you find useful or meaningful, and they may help you to feel less alone on your journey to recovery. It is suggested that one attends at least 6 meetings and, if possible, do so in more than one location before deciding if it is for you. Every meeting is different, depending upon slightly varying formats and who happens to be there that day. Millions have found recovery through 12 Step programs. What have you got to lose?

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