Alcohol Awareness

According to the National Institute on Alcohol Abuse and Alcoholism, more than 14 million adults have alcohol use disorder. There are a variety of ways to stop unhealthy drinking that include behavioral treatments, medications, and support groups. It is always helpful to start with your primary care doctor as a source for treatment referrals. Your doctor can also evaluate your drinking pattern and assist in developing a treatment plan.

The NYS Office of Addiction Services and Supports (OASAS) has a treatment availability dashboard to search for state certified outpatient or inpatient programs.

For 24/7 assistance with an alcohol issue, you can contact the NYS HOPE line at 877-846-7369 or text HOPENY (467369). For resources on dealing with alcohol addiction or any other issue, contact your EAP coordinator using the coordinator listing or call 1-800-822-0244.