

Drug and Alcohol Addiction

Recovery Resources

If you have ever known someone who struggles with drug or alcohol addiction, you are no stranger to the long road to recovery ahead of them. In fact, about [17.6 million Americans](#) struggle with alcohol abuse every year, and there are an average of 20 million illegal drug users every month. Numbers such as these indicate that an alarming number of people need help, whether they require professional treatment, peer support, or just some information on the impact drug and alcohol abuse has on an individual's health.

Following are links to helpful resources...

[The Secrets to Helping an Alcoholic Family Member or Friend](#)

[Intervention: Help a Loved One Overcome Addiction](#)

[Effects of Illegal Drugs on the Heart](#)

[Beyond Hangovers: Understanding Alcohol's Impact on Your Health](#)

[Teen Drug Evolution: A Parents Resource Guide](#)

[Seeking Drug Abuse Treatment: Know What to Ask](#)

[Swim Back to Health: The Guide to Aquatic Therapy for Recovering Addicts](#)

[5 Unexpected Benefits of Sobriety](#)