

A Guide to Alcohol Addiction Recovery and Help

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Alcohol addiction is a complex condition that requires ongoing treatment and access to help and support. If you are worried about how much you drink, and you're considering reaching out and asking for help, it's understandable to wonder what **addiction recovery** looks like. In this guide, we'll discuss alcohol abuse, its effects and how to get help.



Spotting the signs of alcohol addiction

One of the most challenging aspects of tackling alcohol addiction is admitting that you have become reliant on alcohol. There is a difference between drinking too much on a Saturday night or reaching for a drink after a stressful day and being **addicted to alcohol**. Often, it's hard to admit that you've reached the point where you have an addiction to alcohol. Signs of alcohol abuse include:

- Inability to limit alcohol consumption despite being aware of the negative consequences of drinking too much
- Taking risks that jeopardize your health or the safety of others
- Experiencing cravings and strong urges to drink
- Withdrawing from social and work activities and relationships to focus on drinking
- Increased tolerance to alcohol



How do people quit drinking?

There are many approaches that people can take when trying to cut down or quit drinking. Some people may be able to give up drinking with the help of their peers and friends and family members or with treatments provided by doctors, such as medication or counseling therapies. In many cases, people who are addicted to alcohol require intensive, round-the-clock treatment provided by a specialist **addiction treatment center**.

Facilities that provide drug rehab and alcohol rehab utilize a combination of treatments, therapies and techniques to help individuals to stop drinking, manage withdrawal symptoms and start looking forward to a bright future. If you consume a lot of alcohol on a daily basis, it can be dangerous to try to give up suddenly without the help of trained, experienced medical professionals. This is because going without alcohol when your body is used to frequent, heavy drinking can cause withdrawal symptoms.

What does alcohol addiction recovery entail?

If you decide to start treatment for alcohol addiction and you're looking for an addiction treatment facility that provides alcohol rehab, it's natural to have questions about what alcohol addiction recovery entails.

Findlay Recovery Center is a specialist detox facility located in Findlay, Ohio. The center provides affordable inpatient alcohol and drug rehab services, which are tailored to the individual. At the start of treatment, the aim is to encourage safe detox. Trained, experienced medical professionals supervise individuals who are undergoing detox 24/7 to manage withdrawal symptoms and provide continuous support.

After detox, the focus shifts to understanding the causes of alcoholism and the effects it has on the body and mind. At Findlay Recovery Center, we use a wide range of treatments and therapies, including one-to-one and group sessions to help people to quit drinking, find alternative coping mechanisms, meet other people who share similar experiences and develop a relapse prevention plan.

We recognize that reaching out and asking for help is incredibly difficult and starting treatment can be a daunting prospect. We are focused on supporting you using customized approaches and programs to help you achieve your goals. We'll be there from day one to help you navigate the highs and the lows and build a future.

What happens after alcohol rehab?

Helping people to give up drinking is only part of the process of supporting individuals through alcohol addiction treatment. For many people, there will always be struggles when it comes to controlling urges or resisting the temptation to drink alcohol. When you leave rehab, you have to settle back into day-to-day life with all the distractions and stresses and strains it brings. At Findlay Recovery Center, we are committed to achieving long-term results. We work with each individual to draw up and implement a relapse prevention plan to ensure that they feel confident and comfortable when leaving the facility.

Conclusion

Alcohol addiction costs lives and it impacts entire families and networks of friends. If you are concerned about how much you are drinking, or you're worried about a loved one, there is support available. Alcohol rehab programs and addiction treatment facilities provide intensive programs, which help people to give up drinking and tackle alcohol and drug addiction.

If you have any questions about alcohol addiction treatment, or you'd like to find out more about our addiction treatment center, [contact us](#) today.

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Get In Touch With Us Today

Pick up the phone, fill out a form or chat with us below to get started on your free consultation and treatment assessment.

Complete Pre-Assessment

Once you reach a Findlay Recovery Center treatment coordinator, we will do a simple pre-assessment to make sure we're a good fit for you.

Plan Travel & Admit

Our caring treatment advisors will help plan travel & anything else you need before you enter our drug rehab program in Ohio!

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GETTING HELP FOR ADDICTION HAS NEVER BEEN SO EASY

Get Help Now

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Site Map

- Home
- Who We Are
- Treatment Services
- Tour Our Facility
- Admissions
- Privacy Policy

Contact Details

1800 Manor Hill Road
Findlay, Ohio 45840

1-855-605-2135

Hours of Operation

About Our Company

Findlay Recovery Center is a drug & alcohol treatment center in Findlay, Ohio that offers evidence-based, detoxification and residential inpatient treatment at an affordable rate.

Who We Are

- Tour Facility
- Video & Media
- Lastest Articles
- Careers

Dual Diagnosis

- Depression
- Anxiety
- PTSD
- Bipolar
- Trauma

Areas We Serve

- Arkon
- Cleveland
- Columbus
- Dayton
- Toledo

Addiction Treatment

- Alcohol
- Cocaine
- Opioids
- Heroin
- Benzos

Who We Help

- Men
- Women
- Professionals
- LGBTQ
- First Responders