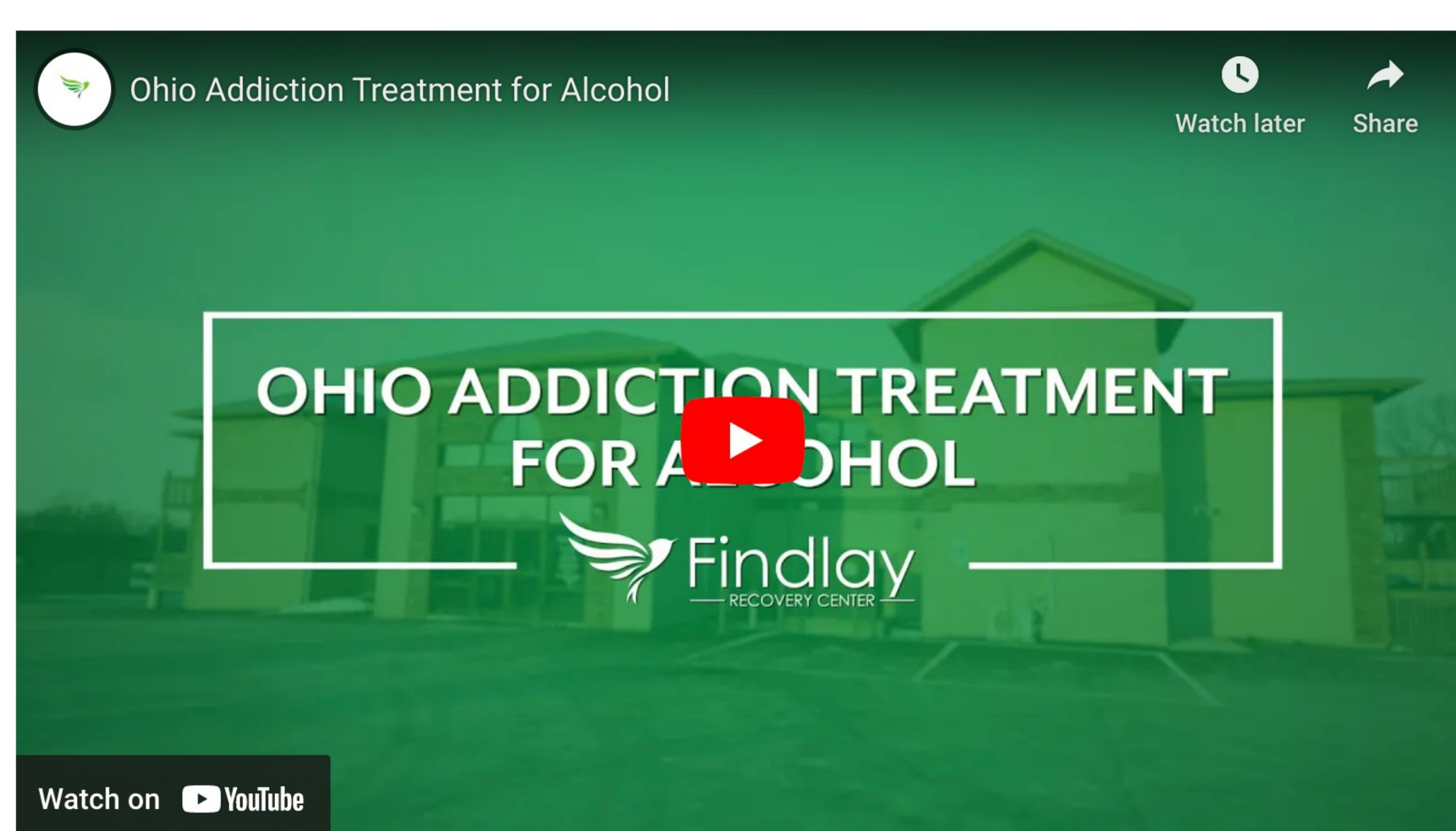


How to Stop Drinking: Getting Help with Alcohol Use

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When you need help with cutting down or giving up drinking, you don't have to go it alone. There are several alcohol treatment options available, including alcohol rehab and services provided by professional addiction treatment centers.



What are the signs of alcohol abuse?

One of the main problems with alcohol abuse is that it can be difficult to differentiate between excessive drinking and alcoholism. Many people binge drink, for example, on the weekends, or they drink more than the recommended intake of alcohol, but they may not be addicted to alcohol. Often, it can be tough to admit that you've reached a point where you are heavily dependent on alcohol or you couldn't simply go without a drink if you wanted to. Signs of alcohol abuse include:

- Using alcohol as an escape route or coping mechanism
- Increasing the amount of alcohol you consume
- Lying about your drinking habits to others
- Drinking even though you know it won't make you feel better and it's harming your health
- Being secretive about drinking

How to stop drinking: Getting help with alcohol use

If you recognize the symptoms listed above, you're worried about how much you drink, or other people have expressed concerns about your health and well-being, the first step is to ask for help. There is support available and access to a wide range of treatments and services, which are designed to help people to stop drinking.

Findlay Recovery Center is a newly-renovated, affordable alcohol and drug rehab center, which specializes in addiction treatment, including drug rehab and alcohol rehab. An established addiction treatment center in Ohio, Findlay Recovery Center offers tailor-made, customized treatment plans and programs for substance abuse.



Inpatient alcohol rehab programs cover supervised detox. Under the guidance of trained medical professionals, individuals have access to 24-hour support. The program provides help for those experiencing alcohol withdrawal symptoms and access to one-on-one and group sessions that are designed to tackle underlying issues and build confidence. We also work on preventative approaches and relapse prevention plans to implement when individuals return home.

At Findlay Recovery Center, we understand that it takes a huge amount of strength and courage to ask for help. Our expert team is on hand to offer 24/7 guidance and support. We work with you to identify individual goals and help you achieve your objectives.

Conclusion

Alcohol abuse can have extremely damaging consequences. If you are concerned about your drinking habits, or you think you need help with alcohol abuse, the first step is to reach out. There is help and support available.

If you would like more information about the addiction treatment and drug and alcohol rehab services we offer, or you'd like to speak to one of our friendly team members, don't hesitate to [get in touch](#).

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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.



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