



Treatment: A step towards successful recovery

Alcohol Abuse and Dependence

The first steps toward recovery: Admit you have a problem; Decide to stop drinking; Get professional help and family support.

Why Quit Drinking Alcohol:

Improved Health

- Reduce risks of developing cancer, heart and liver diseases, ulcers, birth defects
- Avoid injuries and deaths caused by Driving Under the Influence

Better Relationships

- Re-build relationships with family and friends
- Re-establish positive self-esteem and self-respect
- Improved work performance and job sustainability

Increased Family Resources

- Money saved by not going to bars and buying alcohol
- Money spent to support family needs

People with alcohol and drug dependence problems CAN and DO RECOVER

QUITTING reduces the problems in your life contributed by **ALCOHOL** use and abuse.

46%* of adults on Guam are current drinkers; Alcohol dependence (68%) is the predominant diagnosis for clients treated in DMHSA's Drug & Alcohol Branch.*

Where to get help:

* BRFS, 2003

On Guam

Department of Mental Health and Substance Abuse (DMHSA)

Crisis Hotline: 647-8833

Drug & Alcohol Branch
475-5438/39

Sanctuary, Inc.

For Adolescents
24-hr Hotline: 475-7100
475-7101

Oasis Empowerment Center

For Women
646-4601
Elim Pacific Ministries

Lighthouse Recovery Center

For Men
477-7671/7673
The Salvation Army

For Military Families:

Air and Family Readiness Center
366-8136

Self-Help Group Meetings

Alcoholics Anonymous

For Alcoholics
Check Observation Post in Pacific Daily News (PDN) for days, times and place for meetings

Al-Anon Family Services

For spouses of Alcoholics
864-8644
Check Observation Post in PDN for days, times and place for meetings

ALA-Teen

For Teens of Alcoholics
Check Observation Post in PDN for days, times and place for meetings

Online Resources

DMHSA- PEACE

www.dmhsa.guam.gov
www.peaceguam.org
www.healthychoicesguam.org

National Council on Alcoholism and Drug Dependence www.ncadd.org

