

Supporting Change

Education and self-care options for patients who are interested in changing their alcohol use and loved ones who want to support them.



Learn About Alcohol and Health



Rethinking Drinking:

<https://www.rethinkingdrinking.niaaa.nih.gov>



Pahola Digital Specialist on Alcohol Use

(English, Spanish, Portuguese)

<https://www.paho.org/en/alcohol/pahola>



Women's Health & Alcohol

<https://www.sbirtcolorado.org/womens-health-alcohol>



Alcohol Treatment Navigator.

<https://alcoholtreatment.niaaa.nih.gov/>



Apps to Support Change

Drinks Meter

(in the Apple App Store)



Drink Control - Drink Tracker

(in the Apple App Store)



Sober Time

<https://sobertime.app/>



Find a Support Group

Alcoholics Anonymous

(find meetings in any state)

<https://www.aa.org>



SMART Recovery

<https://www.smartrecovery.org/>



Life Ring - Secular Recovery

<https://lifering.org/online-meetings/>



Women for Sobriety

<https://womenforsobriety.org/>



Moderation Management

<https://womenforsobriety.org/>



Practice Talking with an Adult or Teen

One Degree: Shift the Influence

Practice conversations with an adult or teen about substance use

<https://shifttheinfluence.org/>

