By The Professionals At Evolve Indy

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3. When It Gets Too Hard, Families Of Alcoholics Can Still Get Help

Alcohol use disorder is a growing issue all over the world. Due to the prevalence of alcohol in our society, it is a long battle that has been fought on different fronts. Alcohol dependence can be caused by a variety of factors such as:

- It's used to deal with emotional trauma.
- It's part of frequent social activity.
- It's used to deal with psychological trauma.

Whatever the reason, those who find their loved ones becoming dependent on their alcohol might find themselves lost at what to do to get their loved ones help with their addiction. Especially when things start to take a wrong turn. Unfortunately, alcoholism affects the user long after their addiction has taken hold. Many of those dealing with alcohol dependence find that it's affecting their liver, causing it to malfunction, fail, and shut down. This is called sepsis of the liver and could potentially be life-threatening. Other things heavily affect those with alcohol dependence. So, when things get hard, how can families of alcoholics still get help?

Look Out for Signs of Alcoholism

There is a way for your family to get help for your loved ones affected by alcoholism, but it's still vital that you look for the signs accompanying the disorder. If you can recognize the warning signs, you can still get help for their alcohol addiction. Signs of alcoholism are:

- Drinking until they blackout.
- Showing aggression, agitation, and self-destructive behavior.
- Consuming more than they mean to or drinking at unsociable times.
- Lying about their excessive drinking.
- Becoming aggressive when you talk about it.
- Sneaking alcohol due to their dependence and hiding it.

These are just a few signs you should be aware of regarding your loved ones and their alcohol abuse. Once you've identified these signs, you can take the steps needed to get them the help they need.

Learn More About Alcohol Abuse

Knowledge is everything when it comes to helping the person you love with their addiction. Not only will it enlighten you on what is happening, but it can also show you what could happen if their addiction continues. One thing you should look for is a solution, and fortunately, there are many. Rehab centers are a great place to begin your search to learn more about alcohol abuse. You can even check out the various treatments they have available.

Show Compassion And Understanding

Once you grasp what is happening and how you can help, it's time to take action. However, you must show compassion and understanding towards your loved ones and their situation. While it won't be easy to speak to them about their drinking, it's essential to get it out in the open and let them know that they have your support. Be compassionate towards their addiction, be open and honest with them about your concerns, whether it's about their mental state or health. While you can't force someone to stop drinking, you can offer them options on getting help to quit.

When to Get External Help

Alcoholism can be very dangerous, and there are so many things that can go wrong, so knowing when to get external help is imperative. You must get them external help if you see their health getting worse, and you must get them help if their behavior becomes increasingly destructive. Getting help can make a massive difference to you and your loved one struggling with their recovery journey.

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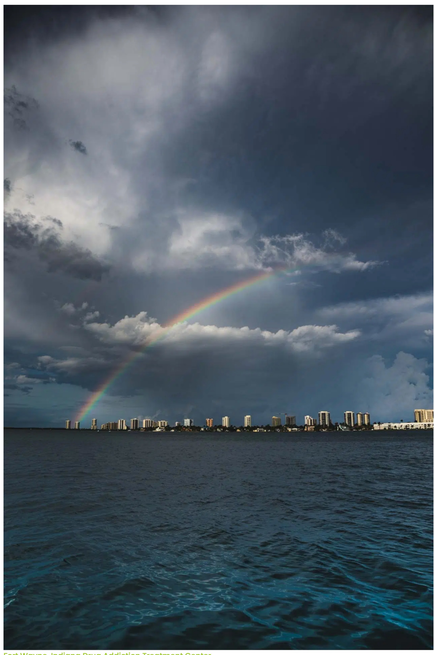

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