

"Addiction doesn't mean weakness. It means you're human — and healing is possible."



# Tackling the Frequently Asked Questions About Alcohol Addiction

This FAQ sheet provides clear, accessible answers to common questions about alcohol addiction. It is designed to support individuals, families, and professionals in understanding and addressing the condition.

## 1. What is alcohol addiction?

Alcohol addiction, or Alcohol Use Disorder (AUD), is a medical condition marked by a compulsive need to drink, a loss of control over alcohol use, and continued drinking despite negative consequences. It can affect anyone, regardless of background or age.

## 2. How can I tell if I or someone I know is addicted to alcohol?

Signs include drinking more or for longer than intended, unsuccessful attempts to cut down, neglecting responsibilities & drinking in risky situations. *If you're concerned about your own alcohol use or simply curious, you may find it helpful to take a confidential alcohol self-test. You might also consider encouraging colleagues to explore it if appropriate.*

## 3. What causes alcohol addiction?

A mix of biological, psychological, and social factors such as genetics, mental health conditions, trauma, stress, and social environment contribute to alcohol addiction.

## 4. Is alcohol addiction treatable?

Yes. Recovery is possible with medical detox, counselling, peer support groups, lifestyle changes, and 12-step fellowship.

SIX MHA is here to support your recovery needs.

RECOVER  
★  
★ TOGETHER

## 5. What are the effects of long-term alcohol use?

Chronic alcohol use can lead to liver disease, heart problems, cancers, memory loss, depression, anxiety, job loss, and family conflict.

## 6. What is alcohol withdrawal, and is it dangerous?

Withdrawal symptoms range from anxiety, tremors, and sweating to seizures and delirium tremens (DTs). Medical supervision is often necessary during detox to manage risks.

## 7. Can someone recover from alcohol addiction without professional help?

While some people do recover on their own, professional help improves outcomes and addresses the full spectrum of underlying issues.

## 8. How can I support someone with alcohol addiction?

Be non-judgmental, encourage help-seeking, avoid enabling, and look after your own wellbeing. Family support groups may help, [Support for Families & Friends](#)

## 9. Where can someone get help?

Support is available from SIX MHA as well as GPs, NHS addiction services, [Alcoholics Anonymous \(AA\)](#), mental health charities, and local treatment providers.

## 10. Is relapse a sign of failure?

No. Relapse is common and can be part of the recovery process. Learning from relapse can strengthen long-term recovery.

24/7 Confidential Helpline | 07441935913 |  
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SIX MHA app Code-  
BAR-615-869



"You don't need to have all the answers. SIX is here to listen, support, and guide you."