

# Alcohol Information

## Resource Sheet for Adolescents and Adults

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### General Information

- [CDC: Alcohol Use and Your Health](#)
- [WHO: Alcohol](#)

### Steps to Stop

- [Cleveland Clinic: Done with Alcohol? Here's How to Stop Drinking](#)
- [NIH: Treatment for Alcohol Problems-Finding and Getting Help](#)
- [Alcohol Use Disorder Management and Treatment](#)



### Adolescents

- [AAC: How to Help Teenage Alcohol Use Disorder](#)
- [NIH: Underage Drinking, Alcohol's Effects on Health](#)
- [NIAAA: Facts About Teen Drinking](#)



### Adults

- [NIH: Treatment for Alcohol Problems-Finding and Getting Help](#)
- [Cleveland Clinic: Alcohol Use Disorder](#)

### Additional Resources

- [988 Suicide & Crisis Lifeline: Call or Text 988](#)
- [FindTreatment.gov](#)
- [Alcoholics Anonymous \(AA\): aa.org](#)
- [Al-Anon: al-non.org](#)
- [Alateen: al-non.org](#)