

Alcohol Recovery & Sober Support

About This Resource

These programs provide confidential help for individuals seeking to reduce or stop alcohol use and maintain long-term recovery. Support includes detoxification, counseling, housing, and peer groups for people and families affected by alcohol-related liver disease.

Some individuals have both metabolic risk factors and alcohol use—a combination known as MetALD (metabolic and alcohol-related liver disease). These patients benefit from both alcohol-recovery services and nutrition or weight-wellness programs.

Please see: *Healthy Weight & Fatty Liver (MASLD) Patient Resource*.

Emergency & Crisis Contacts

- If someone is unresponsive, seizing, or showing signs of alcohol poisoning — call **911** immediately.
- **SAMHSA National Helpline** (24/7): (800) 662-4357 — confidential referrals for treatment.
- **National Suicide & Crisis Lifeline**: **988** — for mental-health or crisis support.

National Hotlines & Treatment Locators

Quick tools for verified help nationwide:

- **SAMHSA Treatment Locator:**  findtreatment.gov
- **NIH Alcohol Treatment Navigator:**  alcoholtreatment.niaaa.nih.gov
- **National Mental Health Services Locator:**  samhsa.gov/mhlocator
- **Alcohol & Drug Abuse Hotline:**  (866) 675-4912 (24 hours)

Peer & Mutual-Help Organizations

Free, evidence-based recovery communities that complement clinical care:

- **Alcoholics Anonymous (AA):**  (212) 870-3400 |  aa.org
- **SMART Recovery:**  (440) 951-5357 |  smartrecovery.org
- **Al-Anon (for families):**  (888) 425-2666 |  al-anon.org
- **Women for Sobriety:**  (215) 536-8026 |  womenforsobriety.org
- **Moderation Management:**  moderation.org
- **Recovery Dharma:**  recoverydharma.org
- **Adult Children of Alcoholics:**  (562) 595-7831 |  adultchildren.org

Local Treatment & Recovery Centers

For Support & Questions

Texas Liver Care | (682) 427-0200 | TexasLiverCare.org | info@TexasLiverCare.org | 617 Travis Ave, Fort Worth, TX 76104

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Fort Worth:

- **MHMR of Tarrant County**
📞 24-Hr Helpline (817) 335-3022 | 📞 Crisis (800) 866-2465 | 🌐 mhmrarrant.org
- **Recovery Resource Council**
📞 (817) 332-6329 | 🌐 recoverycouncil.org
- **Volunteers of America Texas – Riverside Recovery**
📞 (817) 626-9922 | 🌐 voatx.org
- **Lena Pope Counseling Services**
📞 (817) 255-2652 | 🌐 lenapope.org

Dallas:

- **North Texas Behavioral Health Authority (NTBHA)**
📞 Crisis (866) 260-8000 | 📞 Services (800) 241-8716 | 🌐 ntbha.org
- **Nexus Recovery Center (Women Only)**
📞 (214) 321-0156 | 🌐 nexusrecovery.org
- **Dallas 24 Hour Club**
📞 214-823-3200 | 🌐 dallas24hourclub.org

For a list of residential and inpatient programs, see our companion guide: *Inpatient & Residential Treatment Programs in Texas & Nationwide*.

Research & Clinical Trials

- **ClinicalTrials.gov**
National database of ongoing studies for alcohol-associated liver disease (ALD) and alcohol use disorder (AUD), including treatment and recovery research.
- **Evidentis Clinical Research**
Clinical trial center offering opportunities to participate in clinical studies related to liver and metabolic health.
📞 (682) 651-1112 | 🌐 evidentisresearch.com
- **Texas Liver Care** can also connect you with studies offered through Evidentis and other collaborating research networks.

Participation in clinical research helps advance future treatments and may expand access to promising therapies under expert medical supervision.

TLC Tips – Starting and Sustaining Recovery

- Call (800) 662-4357 (SAMHSA) for 24-hour confidential guidance and verified treatment referrals.
- Ask facilities about medical detox capability if withdrawal risk is high.
- Include family or trusted supports early in recovery planning to strengthen accountability and long-term success.

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- If inpatient care isn't feasible, explore intensive outpatient (IOP) or virtual recovery programs.
- Verify insurance coverage, costs, and transportation options before admission.
- For individuals with metabolic and alcohol-related liver disease (MetALD), combine recovery support with nutrition and metabolic wellness programs.

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