

Addicted.com Offers Help for Those Struggling with Holiday Season

12.18.07, 11:16 AM ET

While most images of the holidays are filled with joy and family activities, there is an underbelly of sadness, depression and addictive behaviors not commonly associated with the holidays that are actually more prevalent during the holiday season than any other time of year, according to addiction experts at Addicted.com. Addicted.com, a website for addicts and their families to find support and recovery resources online, is urging the population at large to not turn a blind eye to addictive behaviors that surface during this time of year.

"Addictive behavior can hit hardest during the holidays," said Addicted.com Founder and CEO John S. Shegerian. "With literally millions of suffering from addictions in today's society, it is important to recognize the need for education and effective treatment. For those faced with anger, rage or depression - and for those struggling more than ever this time of year with alcohol, food, sexual addiction, even unhealthy shopping-related addictions, we want to send a message out that you are not alone!"

"People are under a tremendous deal of pressure during the holidays," said Marty Brenner, a Beverly Hills based addiction specialist and contributing Addiction Professional on the Addicted.com site. "For those already fighting addictions, this can be an especially trying time. Relapses brought on by family related pressures and the general stresses of the holidays can be a real test. It's important that people find help before things get out of control - it should not be put off until after the holiday season."

Brenner is a part of the Addicted.com site, which works closely with a full slate of his fellow professional addiction experts specializing in the diagnosis and treatment of common addictions including eating disorders, sexual addiction, gambling and drug and alcohol addiction. The site also offers people seeking help a proprietary Zip Code Locator which visitors can use to find nearby recovery centers, doctors, counselors and other assistance for their addictions.

The site is also the first of its kind to feature virtual tours of treatment facilities so that people struggling with addictions and their families and loved ones can get a sense of the treatment options available in advance.

Along with AddictedSpace and AddictedTube, visitors can take self-tests to help determine whether they have an addiction and may need to seek help. Articles, advice, experts and other resources give users the option of complete anonymity if they are seeking resources but aren't ready to share their story with the world.

Addicted.com provides addiction recovery resources and tools for addicts, family members and friends throughout the Internet community. The main goal of the site is to maintain a well-known on-line space for people to visit when they need advice, answers, assistance or just someone to talk with.