

For many, recovery is a step by step process requiring both clinical and medical approaches in treatment. The dangers of withdrawal from substances vary, depending on the amount used and the rate at which it was discontinued.

Of particular concern is rapid detox from alcohol. Those who drink heavily and stop drinking suddenly are likely to experience a range of withdrawal symptoms. Going “cold turkey” is never recommended because the symptoms can be life-threatening. Quitting abruptly can create serious health issues. **It is important to experience withdrawal in an alcohol detox center that is medically assisted prior to admission at New Moon Lodge.**

New Moon Lodge does not offer medical detox or withdrawal management services. If you have any reason to suspect that you require stabilization with the support of medical intervention, the following resources may be able to provide you with an appropriate level of care.

Taos, NM - Vista Taos Renewal Center (575) 586-5078

Espanola, NM - Hoy Recovery (505) 852-2580

Santa Fe, NM- Santa Fe Recovery Center (505) 471-4985

Albuquerque, NM- Turning Point (505) 217-1717

Albuquerque, NM- CARE Detox (505) 468-1555

The Dangers of Withdrawal

<https://americanaddictioncenters.org/withdrawal-timelines-treatments/dangers>