

How to Get Help For Sexual Addiction When You Don't Have Money

By Peggy L. Ferguson, Ph.D.

Help for sexual addiction is available. Most communities provide state-supported counseling resources, including community mental health centers and substance abuse treatment centers. These facilities may offer inpatient, outpatient, or both types of treatment. Many operate on a sliding scale based on income and have policies ensuring that individuals will be allowed help regardless of financial constraints. Even if you can't afford the sliding scale fee, you can typically still access counseling services.

While specialized sexual addiction treatment services may not be widely available or accessible to those without health insurance or financial means, other professionals connected to state-supported community mental health or substance abuse services may be able to help. Typically, addiction counselors are the professionals most knowledgeable about sexual compulsiveness treatment.

Additional "free" or "low-cost" options include utilizing resources at the local public library, such as books by Patrick Carnes (See [Recommended Readings](#)) and others on the subject. 12 step and other local and online meetings are available. The [Links](#) page on this website provides information about meetings for groups like Sex Addicts Anonymous (SAA), Sexaholics Anonymous (SA), Recovering Couples Anonymous (RCA), or Celebrate Recovery. These groups often operate on a 12-step model and are free to attend. SMART Recovery resources can also be applied to sexual addiction.

If your community does not have meetings specific to sexual addiction and you want to attend meetings in person (instead of online), attending

open Alcoholics Anonymous (AA) meetings can still be beneficial, as the principles of recovery apply to all addictions. Many individuals with sexual addiction also struggle with alcoholism or other substance abuse issues, so abstaining from alcohol and drugs (except prescribed medication) can aid in addressing sexual addiction.

For many individuals, abstaining from sexual behavior for 30 to 90 days is necessary to assess their behavior, identify consequences, and establish their definition of abstinence. You can learn to manage cravings for sexual compulsions in the same ways that people with alcohol and drug addictions manage their cravings. Other recovery tools and techniques are also applicable to sexual addiction. One of the main differences between recovery from alcohol and other drug addictions is that the goal is to maintain abstinence one day at a time throughout a lifetime. With sexual addiction, the goal is to cease the destructive, compulsive sexual acting out and, through recovery, learn to engage in healthy, intimate sexual behavior.

Don't despair of ever finding the help you need for recovery from sexual addiction. Even without insurance or financial resources, recovery is possible. By piecing together various treatment components and seeking support, individuals can work towards a return to healthy sexuality. **Note:** This article has been revised and edited from its original version, which was previously published IN 2009 on this site. The content has been updated for contemporary language, clarity and accuracy.

