Financial Assistance and Addiction Recovery Services for music people in medical, financial or personal crisis.

South | 1.877.626.2748
East  | 1.877.303.6962
West  | 1.800.687.4227
MusiCares MAP Fund® – Addiction Recovery | 1.800.687.4227

We can help you access addiction resources confidentially and with consideration for your personal, financial and life circumstances.
Women and Addiction MusiCares® Fact Sheet

- It is estimated that the number of women in the United States who drink has significantly increased in the last 40 years. Heavy drinking has also increased among young working women. Up to 16 percent of these women may be consuming up to 5 drinks daily.¹
- Women absorb and metabolize alcohol differently than men, with studies indicating a linear increase in breast cancer in correlation with consumption, as well as an increased susceptibility (versus men) to the toxic effects of alcohol on the heart muscle.²
- Abuse of prescription tranquilizers is more frequent among women than men.¹
- Girls and women are more likely to self-medicate to alleviate difficult or uncomfortable feelings, i.e., anxiety, stress, and depression. They are also more likely to have coexisting anxiety, depression, and eating disorders, along with addiction.³
- Regular alcohol abuse is one of the leading risk factors in incidents of intimate partner violence. As well, domestic violence increases the probability that victims will themselves abuse alcohol and drugs to cope with the abusive situation.⁴
- 69 percent of women in treatment for substance abuse say they were sexually abused as children.⁴ Children who have experienced violence in the family are at greater risk for substance abuse later in life.⁴
- The number of female drivers involved in alcohol-related fatal crashes has increased 12 percent while the number of male drivers involved in alcohol-related fatal crashes has decreased 31 percent.²
- Nearly 7 million women in the United States are in need of treatment, but are not receiving it.⁵
- Women fail to access treatment for many reasons, including not knowing where to find it, fearing negative effects in their employment, and lack of health insurance.⁵ Other studies indicate that almost 30 percent of women needing treatment did not seek it due to social stigma.⁶
- Most studies indicate that men stay in treatment longer than women.⁷ Child care needs, lack of insurance coverage, and lower income are seen as major influences in the decision to leave treatment early.⁷

References for Women and Addiction Fact Sheet

1 ADA Division of Alcohol and Drug Abuse, “Women and Substance Abuse: As A Matter of Fact”, www.well.com
7 SAMHSA Office of Applied Studies: Length of Stay Among Female Clients in Substance Abuse Treatment; Ashley,Serdlow and Brady, www.oas.samhsa.gov

Everyone should have access to quality treatment. If you or a loved one is struggling with a substance abuse problem, contact MusiCares.

“It’s now widely understood that addiction is a disease and those suffering from it need help,” said GRAMMY®-winning singer/songwriter Judy Collins. “What we must bring to light is that for women, addiction is not only a destructive demon, but it presents challenges unique to them as wives, daughters, sisters and mothers. As a woman in recovery, I know that help is available, and that MusiCares is a lifeline for music people in need of assistance.” — Judy Collins