

A new way to change your drinking.

Monument offers a holistic online alcohol treatment program, tailored to your personal goals.

Get started at joinmonument.com



Specialized Therapy

We connect you to a therapist specialized in helping people change their drinking. They will build a therapy program custom for you, designed to achieve your goals.

Therapist Moderated Groups

Changing your drinking can be hard, but you don't have to do it alone. We provide free hour-long virtual video sessions on topics related to changing your drinking, moderated by experienced therapists.

Medication Options

Did you know there's FDA-approved medication to help you drink less? We connect you to a physician to discuss what's right for you. Medication is delivered to your door.

24/7 Anonymous Forum

And for everything else there is the anonymous forum, available to ask questions and get support whenever you need it. Connect with moderators and members as you make progress.

Join thousands of members getting more out of life by drinking less



“There was absolutely no judgment. It was easy to share my medical history and addiction with my physician. I would highly recommend meeting with a Monument doctor. I am so glad that it is all fully online and so easily accessible.”

Monument Member



“Monument has changed my life! Great therapists and groups. For me, it broke the cycle of shame, which enabled me to cut way down on my drinking.”

Monument Member