

Substance misuse resources

Adult Children of Alcoholics World Service Organization

adultchildren.org

Resources for people who grew up in alcoholic or otherwise dysfunctional homes.

Al-Anon

al-anon.org

A program of recovery for the families and friends of alcoholics.

Alcoholics Anonymous

aa.org/pages/en_US

Find an AA meeting.

Alcohol Treatment Navigator

alcoholtreatment.niaaa.nih.gov

Explains how different treatment options work, how to choose a quality program and how to get support for yourself or for a loved one through the recovery process.

Boys Town National Hotline

boystown.org/hotline

Call 1-800-448-3000

Crisis and resource line staffed by counselors to provide information about a variety of issues, including chemical dependency.

Cocaine Anonymous

ca.org

A 12-step group that focuses on people with cocaine addiction.

Covenant House Teen Hotline (NineLine)

teenlineonline.org/yyp/covenant-house-nineline

Call 1-800-999-9999

General hotline for adolescents, teens and their families. Assistance with any kind of problem—including alcohol and drug use. Covenant House specializes in homeless and runaway youth.

Crisis Text Line

crisistextline.org

Text "START" to 741-741

Advice and referrals for anyone who feels that they're experiencing a crisis. This can include drug and alcohol dependency, suicidal impulses, family problems and other personal difficulties.

Crystal Meth Anonymous

crystalmeth.org

A fellowship of people who share their experience, strength and hope with each other, so they may solve their common problem and help others to recover from addiction to crystal meth.

Faces and Voices of Recovery

facesandvoicesofrecovery.org

An organization dedicated to mobilizing individuals in recovery from addiction to alcohol and other drugs, our families, friends and allies into recovery community organizations and networks, to promote the right and resources to recover through advocacy, education and demonstrating the power and proof of long-term recovery.

Families Anonymous

familiesanonymous.org

A 12-step fellowship for the family and friends of those individuals with drug, alcohol or related behavioral issues.

Health and Human Services

HHS.gov/opioids

Provides one-stop access to U.S. government information about the prescription drug abuse and heroin overdose epidemic, including resources for health professionals, law enforcement, parents and others.

Jewish Alcoholics, Chemically Dependent Persons And Significant Others (JACS)

addictioncenter.com/treatment/support-groups/jewish-alcoholics-chemically-dependent-persons-and-significant-others-jacs

The mission of JACS is to help Jewish people in the U.S. live an independent, addiction-free life. JACS fosters addiction recovery by integrating participants into the Jewish community. This support group doesn't allow judgment and is accepting of all variances of the Jewish faith. It also teaches participants to understand addiction and its causes. People can also subscribe to online discussions offered by JACS.

Kelty Mental Health Resource Centre

keltymentalhealth.ca/substance-use

Resources for youth and teens about substance use, including in-depth information on various substances and concurrent disorders, as well as steps to seek help.

Marijuana Anonymous

marijuana-anonymous.org

A 12-step group founded to address the needs of people who abuse marijuana. MA states that the only requirement to join is a desire to stop using marijuana.

NAR-Anon

nar-anon.org

Support for people affected by someone using and abusing drugs.

Narcotics Anonymous

na.org

Assistance for people who want to stop abusing prescription or illegal drugs. Find a meeting.

National Association for Children of Addiction

nacoa.org

A national membership organization focusing on the children of parents struggling with alcohol or substance abuse.

National Council on Alcohol and Drug Dependence

ncaddms.org

Call 1-800-NCA-CALL (622-2255)

Support to those who need assistance confronting the diseases of alcoholism and drug dependence.

National Drug Helpline

drughelpline.org/contact

Call 1-844-289-0879

Open to any individual dealing with addiction issues, including family members and other loved ones. Resources are available for those struggling with any addictive substance, including alcohol.

National Institute of Alcohol Abuse and Alcoholism

rethinkingdrinking.niaaa.nih.gov

NIAAA supports and conducts research on the impact of alcohol use on human health and wellbeing. They provide resources directed toward young people to evaluate your drinking and tools to stay in control.

National Institute of Mental Health Information Resource Center Hotline

nimh.nih.gov/index.shtml

Call 1-866-615-6464

Helps people suffering from mental illness find the resources they need to get treatment, including crisis intervention.

National Institute on Drug Abuse (NIDA)

drugabuse.gov

Call 1-800-662-HELP (4357)

National agency dedicated to prevention of drug use, and treatment of existing drug problems. You can get around-the-clock help in finding local drug treatment centers.

National Organization on Fetal Alcohol Syndrome

nofas.org

Support for individuals, families and communities living with Fetal Alcohol Spectrum Disorders (FASD) and other preventable intellectual/developmental disabilities and works to prevent prenatal exposure to alcohol, drugs, and other substances known to harm fetal development by raising awareness and supporting women and their partners before and during their pregnancy.

National Poison Control Center

Call 800-222-1222

Speak to a poison control professional (including cases involving drugs and/or alcohol).

National Suicide Prevention Lifeline

suicidepreventionlifeline.org

Call 1-800-273-TALK (8255)

Not just a suicide hotline, this lifeline offers help with issues of drug and alcohol use.

Opioid Treatment Program Directory

dpt2.samhsa.gov/treatment

Find opioid treatment programs by state.

Partnership for Drug-Free Kids

drugfree.org

Call 1-855-378-4373

Information on how to reduce substance abuse among adolescents by supporting families and engaging with teens.

SAMHSA's Helpline

samhsa.gov/find-help/national-helpline

Call 1-800-662-HELP (4357)

Refers callers to mental health and substance abuse resources in their area. All programs recommended by SAMHSA meet federal guidelines for assisting people with mental health and addiction disorders, and all inquiries are kept strictly confidential.

Secular Organizations for Sobriety

sossobriety.org

A mutual-help group model that is not 12-step based. SOS addresses numerous forms of addiction, including those involving not only alcohol and drugs, but other compulsive behaviors such as food addiction. SOS takes a secular approach to promoting sobriety. SOS emphasizes personal empowerment and forgoes the incorporation of spirituality or God in recovery, in contrast to the 12-step model.

SMART Recovery

In person: smartrecoverytest.org/local

Online: smartrecovery.org/community

Assistance for people with alcohol or other addictions through group therapy sessions.

Truth Campaign

thetruth.com

Information, videos and social media to engage youth in taking action against tobacco and tobacco companies.

VA Treatment Centers

mentalhealth.va.gov/MENTALHEALTH/substance-use/index.asp

Search for a local VA substance use disorder (SUD) treatment program or a VA medical center with mental health specialists.

Veterans Crisis Line

veteranscrisisline.net

Call 1-800-273-8255 and press 1

Send a text message to 838255 to receive confidential support 24 hours a day, 365 days a year

Women for Sobriety

womenforsobriety.org

Call 215-536-8026

Support for women seeking a sober life in recovery from problematic substance use.