



## Where to Get Help

If you or someone you know needs help with an alcohol, tobacco, or other drug problem, these resources will allow you to search for a treatment program near you, take an online screening test for alcohol problems, or identify local and online support options.

### Treatment Referral & Recovery Support:

- **Al-Anon/ Alateen** Support for people who have a friend or relative with a drinking or drug problem. 888-4AL-ANON (888-425-2666) or [www.al-anon.org](http://www.al-anon.org)
- **Alcoholics Anonymous** Support for people who want to stop drinking. [www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org)
- **Drug Help** A private information network run by Phoenix House providing information on specific drugs, and referrals to various treatment programs, self-help groups and crisis centers throughout the United States. <http://www.drughelp.org/>
- **Faces and Voices of Recovery** An advocacy organization for persons in recovery. [www.facesandvoicesofrecovery.org](http://www.facesandvoicesofrecovery.org)
- **Hazelden Information Center Recovery Services** (800) 257-7800; Publications: (800) 328-9000 Provides information and publications dealing with alcohol and other drug dependency for teens, adults, older adults, physicians, and professionals, among others. <http://www.hazelden.org/>
- **Join Together** If you or someone you know needs help with an alcohol, tobacco, or other drug problem, this website will point you to resources for help. <http://www.jointogether.org/gethelp/>
- **Join Together Treatment Locator** Search this database of over 11,000 alcohol and drug treatment programs to find the facilities nearest you. <http://dccwww.bumc.bu.edu/AS/search.aspx?CID=227>



- **Narcotics Anonymous (NA)** Support for people who want to stop using drugs. 818-773-9999 (ext. 771) or [www.na.org](http://www.na.org)
- **National Council on Alcoholism and Drug Dependence Inc.** 1-800-NCA-CALL NCADD's hotline offers information on alcoholism and drug abuse. Callers may also be connected to their local NCADD affiliate for referrals to treatment services in their area. Operates 24 hours daily. <http://www.ncadd.org/>
- **Recovery Month Toolkits** for young adults. <http://www.recoverymonth.gov/Special-Topics/Age-Specific.aspx>
- **SAMHSA's National Helpline** offers information on substance use disorder issues and referral to treatment, in English and Spanish, 24 hours a day. 800-662-HELP (800-662-4357) (English) 1-800-662-9832 (Español) 800-487-4889 (TDD), [www.samhsa.gov](http://www.samhsa.gov)
- **SAMHSA's Treatment Facility Locator** provides a comprehensive listing of drug and alcohol treatment programs across the United States. <http://findtreatment.samhsa.gov/>

### Online Screening For Drug and Alcohol Problems:

- **AlcoholScreening.org** From Join Together, a simple, nonjudgemental website to help you assess your drinking patterns, learn about alcohol consumption and health, and find local assistance if you need help. <http://www.alcoholscreening.org/>
- **DrugScreening.org** A sister site to Alcohol Screening, this free service from Join Together helps you determine your likely risk of harms from using many kinds of drugs, including marijuana, cocaine, inhalants, opiates, and more. <http://www.drugscreening.org/>

### Smoking Cessation:

- **American Cancer Society** Offers a variety of information about smoking and cancer, quitting tips, and tobacco control efforts. [www.cancer.org](http://www.cancer.org)
- **American Lung Association** Provides referrals to local smoking cessation programs. Also conducts educational programs on smoking and its health hazards.



[http://www.lungusa.org/site/c.dvLUK9O0E/b.22931/k.8550/Smoking\\_Cessation\\_Support.htm](http://www.lungusa.org/site/c.dvLUK9O0E/b.22931/k.8550/Smoking_Cessation_Support.htm)

- **Become An Ex** The American Legacy Foundation's free online smoking-cessation program. [www.becomeanex.org](http://www.becomeanex.org)
- **QuitNet** QuitNet combines proven scientific methods with advances made possible by the Web to deliver personalized support to smokers whenever they need it. <http://www.quitnet.com/qnhomepage.aspx>
- **Tobacco Information and Prevention Source** From the U.S. Centers for Disease Control and Prevention. Online quitting help, publications to order, and more. <http://www.cdc.gov/tobacco/>

