



Recovery Resources and Support Services

Online Resources for Support

SAMHSA Treatment Finder: findtreatment.gov

This tool helps locate treatment facilities and support resources based on your location, including outpatient, inpatient, and residential treatment.

SMART Recovery: smartrecovery.org

A science-based program that helps individuals struggling with addiction through meetings, resources, and support.

National Institute on Drug Abuse: nida.nih.gov

Offers research-based information on the science of addiction and recovery.

Support Groups

Alcoholics Anonymous (AA): aa.org

AA meetings are available in-person and virtually. They provide a safe space for individuals to share their experiences and receive support from others who are also recovering.

Narcotics Anonymous (NA): na.org

A similar support group focused on individuals recovering from addiction to any substance.

Al-Anon: al-anon.org

For friends and family of people struggling with alcohol use, providing a space for support and coping strategies.

Hotlines and Helplines

National Helpline for Substance Abuse and Mental Health Services (SAMHSA):

Call: 1-800-662-HELP (4357)

This free, confidential helpline is available 24/7 and can provide information, support, and resources for anyone struggling with substance use or mental health challenges.

National Helpline for Alcoholism (AA):

Call: 1-800-ALCOHOL (1-800-252-6465)

Alcoholics Anonymous (AA) provides support for individuals struggling with alcohol use disorder.

Crisis Text Line:

Text HOME to 741741

This is a free, confidential texting service available 24/7 for anyone in crisis.

For additional resources and strategies that could help those struggling with substance use, reach out to the EAP or visit EAP4YOU.com.