

6 Resources to Support Friends and Family of Recovering Addicts and Alcoholics

1. **Al-Anon:** a resource for people whose lives are affected by another person's drinking. Al-Anon groups are a way to talk about your experiences and get support from others who understand what you're going through, without judgement.

Website: <https://al-anon.org/>

2. **Nar-Anon:** similar to Al-Anon, Nar-Anon is a support group for those whose lives are affected by another person's drug use.

Website: <https://www.nar-anon.org/>

3. **211:** a comprehensive database of local social services, call this number or visit the website to find mental health and addiction support services.

Website: <https://www.211.org/>

4. **DrugAbuse.gov:** to learn more about drug addiction and treatment, visit this website for reliable and trustworthy information.

Website: <http://drugabuse.gov>

5. **Psychology Today's "Find a Therapist" tool:** to reach out for mental health support, this therapist locator tool is an easy way to find services in your area.

Website: <https://www.psychologytoday.com/us/therapists>

6. **Crisis Text Line:** if you or your loved one is in crisis and needs support, this option allows you to speak to a trained Crisis Counselor and know that you are not alone.

Website: <https://www.crisistextline.org/>