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/](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/](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/](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](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](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/](https://www.crisistextline.org/)