

Substance Abuse Referral Resources Guide

A. Recommended Recovery Websites

12 Step and Recovery Groups

- [Alcoholics Anonymous \(AA\)](http://aa.org) (aa.org)
- [Adult Children of Alcoholics \(ACA\)](http://adultchild.org) (adultchild.org)
- [Al-Anon.org](http://al-anon.org) (al-anon.org) For family members of addicts.
- [Cocaine Anonymous \(CA\)](http://ca.org) (ca.org)
- [Crystal Meth Anonymous \(CMA\)](http://crystallmeth.org) (crystallmeth.org)
- [Dual Recovery Anonymous \(UK\)](http://dualrecovery.org): A 12-Step Program for those with a dual diagnosis
- [LifeRing Secular Recovery](http://lifering.org) (lifering.org)
- [Marijuana Anonymous](http://marijuana-anonymous.org) (marijuana-anonymous.org)
- [Narcotics Anonymous\(NA\)](http://na.org) (na.org)
- [Nar-Anon](http://nar-anon.org) (nar-anon.org) For family members of addicts.
- [Nicotine Anonymous](http://nicotine-anonymous.org) (nicotine-anonymous.org)
- [S-Anon](http://sanon.org) (sanon.org)
- [Smart Recovery](http://smartrecovery.org) (smartrecovery.org)
- [Women for Sobriety \(WFS\)](http://womenforsobriety.org) (womenforsobriety.org)
- [XA Speakers](http://xa-speakers.org) (xa-speakers.org) A collection of recordings from speaker meetings, conventions and workshops of 12-step groups.
- [12 Steps](http://12step.org) (12step.org) Resources for all 12 step programs. It contains an in-depth discussion and forum on the 12 steps.
- 12StepTreatmentCenters.com A list of 12 Step treatment centers around the world.

Online Self-Help Forums

- [AA Intergroup](http://aa-intergroup.org) (aa-intergroup.org)
- [Addiction Recovery Guide](http://addictionrecoveryguide.org) (addictionrecoveryguide.org)
- [Addiction Survivors](http://addictionsurvivors.org) (addictionsurvivors.org)
- [NA Chat](http://na-chat.com) (na-chat.com)
- [Soberistas](http://soberistas.com) (soberistas.com)
- [Support Groups](http://supportgroups.com) (supportgroups.com) Covering a wide range of issues including: addiction, depression, anxiety and suicide
- [12 Step Forums](http://12stepforums.net) (12stepforums.net)

Sites for Finding Addiction Treatment Programs

Most alcohol treatment programs are legitimate and accredited, but there are some unscrupulous programs that take advantage of people when they are at their most vulnerable. Below is a list of unbiased government websites that can help you find an addiction treatment program.

- <https://alcoholtreatment.niaaa.nih.gov>
- <https://findtreatment.samhsa.gov>

Government Agencies

- [National Institute of Alcohol Abuse and Alcoholism](http://niaaa.nih.gov) (niaaa.nih.gov)
- [National Institute of Drug Abuse](http://nida.nih.gov) (nida.nih.gov)
- [Substance Abuse & Mental Health Services Administration](http://samhsa.gov) (samhsa.gov)
- [National Institute of Mental Health](http://nimh.nih.gov) (nimh.nih.gov)
- [World Health Organization](http://who.int/en/) (who.int/en/)

Organizations

- [Addiction Recovery Guide](http://addictionrecoveryguide.org) Addiction and recovery resources.
- [All Treatment](http://alltreatment.com) (alltreatment.com) A drug rehab directory.
- [American Society of Addiction Medicine](http://asam.org) (asam.org)
- [Benzodiazepine Addiction, Withdrawal&Recovery](http://benzo.org.uk) (benzo.org.uk)
- [Helping Others Live Sober](http://helpingotherslive.com) Aimed at people in recovery and professionals. Together, we are united in the shared goal of Helping Others Live Sober.

- ❑ [National Association of Alcoholism and Drug Abuse Counselors \(NAADAC\)](http://naadac.org) (naadac.org) An organization that certifies and monitors addiction counselors.
- ❑ [Off The Wagon](http://offthewagon.org) (offthewagon.org) National Organization of Students Against Substance Abuse.
- ❑ [Partnership For Drug Free America](http://drugfree.org) (drugfree.org)

Other Resources

- ❑ [Recovery Quotes](#) - Recovery quotes and stories to spread awareness, inspiration, and healing.
- ❑ [Addiction Search.com](http://AddictionSearch.com)
- ❑ [Benzo Withdrawal Forums](http://benzowithdrawal.org) Online group support for benzodiazepine addiction, withdrawal and recovery. (benzowithdrawal.org)
- ❑ [Drug and Alcohol Treatment Referral](#)
- ❑ [My Addiction](#)
- ❑ [Opiate Addiction Resource](#)
- ❑ [Port Of Call](#) For people in the UK who are suffering from addiction to find the right source of help.
- ❑ [Pressing The Issue](#)
- ❑ [Stop And Think Radio](#)

LOCAL Resources

- ❑ Kansas Area Cocaine Anonymous (<http://kansasareaca.org>) 316-302-9401
- ❑ Greater Missouri Area Cocaine Anonymous (<http://www.camissouri.org>) Kansas City – 866-822-0007, St Louis 314-361-3500
- ❑ Kansas Narcotic Anonymous Meetings (<https://www.narcotics.com/na-meetings/kansas>) 800-407-7195
- ❑ Kansas City Metro Service Community – Narcotics Anonymous Meetings (<http://www.kansascityna.org/meetings>) 800-561-2250
- ❑ In The Rooms - Global Online Recovery Community Meeting List (<http://meetings.intherooms.com>)
- ❑ Alcoholics Anonymous (<http://www.aa.org>)
- ❑ Al-ANON Family Groups – for families and friends of alcoholics (<http://www.kansas-al-anon.org>)
- ❑ National Institute on Drug Abuse (<https://www.drugabuse.gov/related-topics/treatment>)
- ❑ National Institute on Alcohol Abuse and Alcoholism (<https://pubs.niaaa.nih.gov/publications/treatment/treatment.htm>)
- ❑ (<https://alcoholtreatment.niaaa.nih.gov>) - find your way to alcohol treatment, a navigator

How to Find Counselors, Therapists and Health Professionals for Anxiety, Depression or Addiction

- ❑ American Counseling Association (www.counseling.org)
- ❑ American Psychotherapy Association (www.americanpsychotherapy.com)
- ❑ American Psychological Association (www.apa.org)
- ❑ American Psychiatric Association (www.psychiatry.org)
- ❑ American Society of Addiction Medicine (www.asam.org)
- ❑ National Institute on Alcohol Abuse and Alcoholism-Alcohol Treatment Navigator (<https://alcoholtreatment.niaaa.nih.gov>)
- ❑ Substance Abuse Treatment Locator (<https://findtreatment.samhsa.gov>)

B. Help for Families with Addiction

An addiction destroys families as much as it destroys individuals. Living with an addict is both heartbreaking and exhausting. Family members are torn between how to help the addict and how to avoid being sucked into the addict's world.

The Three C's of Dealing with an Addict

- You didn't Cause the addiction.
- You can't Control the addiction.
- You can't Cure the addiction.

“You can't stop drinking or using for another person.”

Helpful Links for Family and Friends of Addicts

- [Al-Anon.org](http://al-anon.org) (al-anon.org) For family members of alcoholics.
- [Nar-anon](http://nar-anon.org) (nar-anon.org) For family members of addicts.
- [Coda.org](http://coda.org) (coda.org) For co-dependent individuals.
- [Adultchildren.org](http://adultchildren.org) (adultchildren.org) For adult children of alcoholics and addicts.