

Please use this reference guide to get help or information in a variety of health areas.

## Self-help Assistance Toolkit

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If you feel you are having difficulty quitting **drugs or alcohol**, you can find help at:

800-662-HELP (662-4357)

SAMHSA's National Helpline

**or for more information, visit:**

[www.aa.org](http://www.aa.org)

[www.ypaa.info](http://www.ypaa.info)

[www.teen-anon.com](http://www.teen-anon.com)

[www.na.org](http://www.na.org)

[www.moderation.org](http://www.moderation.org)

[www.rational.org](http://www.rational.org)

[www.smartrecovery.org](http://www.smartrecovery.org)

<http://hr.umich.edu/mhealthy/programs/alcohol/management/>

Alcoholics Anonymous

Young People in Alcoholics Anonymous

Drug and Alcohol Support Group for Teens

Narcotics Anonymous

Moderation Management

Rational Recovery

SMART Recovery

Alcohol Management

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If you would like more information about **drugs in general**, such as drug effects on the body, you can visit:

[www.teens.drugabuse.gov](http://www.teens.drugabuse.gov)

[www.drugabuse.gov](http://www.drugabuse.gov)

[www.samhsa.gov/atod](http://www.samhsa.gov/atod)

NIDA for Teens

National Institute on Drug Abuse

Substance Abuse and Mental Health Services

Administration

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If you are experiencing difficulty with a **family member** due to their **alcohol or drug use**, you can find help at:

888-4AL-ANON (425-2666)

Al-Anon Family Groups

**or for more information, visit:**

[www.al-anon.org](http://www.al-anon.org)

[www.co-anon.org](http://www.co-anon.org)

Friends and Family of Alcoholics

Friends and Family of Cocaine Addicts

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If you are a **runaway**, thinking about running away, or you know of someone who has or may run away, you can find help at:

800-448-3000

800-RUNAWAY (786-2929)

800-551-1300

Boys Town National Hotline

National Runaway Safeline

Children of the Night

**or for more information, visit:**

[www.1800runaway.org](http://www.1800runaway.org)

[www.boystown.org/hotline](http://www.boystown.org/hotline)

[www.covenanthouse.org](http://www.covenanthouse.org)

National Runaway Safeline

Boys Town

Covenant House

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If you feel you have been a victim of **sexual or physical abuse and/or child abuse or neglect**, you can find help at:

800-799-SAFE (799-7233)

877-739-3895

800-978-3600

800-4A-CHILD (422-4453)

National Domestic Violence Hotline

National Sexual Violence Resource Center

Domestic Violence Safety Plan Hotline

Childhelp National Child Abuse Hotline

**or for more information, visit:**

[www.ncadv.org](http://www.ncadv.org)  
[www.thehotline.org](http://www.thehotline.org)  
[www.nccafv.org](http://www.nccafv.org)  
[www.childhelp.org](http://www.childhelp.org)

National Coalition Against Domestic Violence  
National Domestic Violence Hotline  
National Council on Child Abuse and Family Violence  
Childhelp

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If you feel you are having **emotional problems, such as depression**, or you know someone with emotional problems, you can find help at:

800-273-TALK (8255)  
800-SUICIDE (784-2433)  
800-442-HOPE (4673)

National Suicide Prevention Lifeline  
Suicide Hotline  
National Hopeline Network

**or for more information, visit:**

[www.nimh.nih.gov/health/topics/depression/index.shtml](http://www.nimh.nih.gov/health/topics/depression/index.shtml) Depression Information  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) National Suicide Prevention Lifeline  
[www.save.org](http://www.save.org) Suicide Awareness Voices of Education (S.A.V.E)

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If you feel you are having difficulty in **sexual areas**, you can find help at:

800-227-8922  
800-CDC-INFO (232-4636)

American Sexual Health Association  
CDC Information

**or for more information, visit:**

[www.ashasexualhealth.org](http://www.ashasexualhealth.org) American Sexual Health Association  
[www.sa.org](http://www.sa.org) Sexaholics Anonymous  
[www.saa-recovery.org](http://www.saa-recovery.org) Sex Addicts Anonymous  
[www.aidsinfo.nih.gov](http://www.aidsinfo.nih.gov) AIDS Information  
[www.niaid.nih.gov/diseases-conditions/hiv/aids](http://www.niaid.nih.gov/diseases-conditions/hiv/aids) NIAID

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If you have any questions or concerns about **pregnancy**, or you know someone who may, you can find help at:

800-230-PLAN (230-7526)  
866-942-6466

Planned Parenthood  
American Pregnancy Helpline

**or for more information, visit:**

[www.plannedparenthood.org](http://www.plannedparenthood.org) Planned Parenthood  
[www.thehelpline.org](http://www.thehelpline.org) American Pregnancy Helpline

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If you feel you may have an **eating disorder** (i.e. excessive eating, binging or not eating enough) you can find help at:

[www.oa.org](http://www.oa.org)  
[www.foodaddicts.org](http://www.foodaddicts.org)  
[www.allianceforeatingdisorders.com](http://www.allianceforeatingdisorders.com)

Overeaters Anonymous  
Food Addicts in Recovery Anonymous  
Alliance for Eating Disorders Awareness

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If you feel you are having difficulty quitting **gambling**, you can find help at:

800-522-4700

National Council on Problem Gambling

**or for more information, visit:**

[www.gamblersanonymous.org](http://www.gamblersanonymous.org) Gamblers Anonymous

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If you feel you can't stop **shopping** and/or **spending money**, you can find help at:

[www.debtorsanonymous.org](http://www.debtorsanonymous.org)  
[www.smartaboutmoney.org](http://www.smartaboutmoney.org)

Debtors Anonymous  
Smart About Money