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

**Self-help Assistance Toolkit**

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:**

<table>
<thead>
<tr>
<th>Website</th>
<th>Organization</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.aa.org">www.aa.org</a></td>
<td>Alcoholics Anonymous</td>
</tr>
<tr>
<td><a href="http://www.ypaa.info">www.ypaa.info</a></td>
<td>Young People in Alcoholics Anonymous</td>
</tr>
<tr>
<td><a href="http://www.teen-anon.com">www.teen-anon.com</a></td>
<td>Drug and Alcohol Support Group for Teens</td>
</tr>
<tr>
<td><a href="http://www.na.org">www.na.org</a></td>
<td>Narcotics Anonymous</td>
</tr>
<tr>
<td><a href="http://www.moderation.org">www.moderation.org</a></td>
<td>Moderation Management</td>
</tr>
<tr>
<td><a href="http://www.rational.org">www.rational.org</a></td>
<td>Rational Recovery</td>
</tr>
<tr>
<td><a href="http://www.smartrecovery.org">www.smartrecovery.org</a></td>
<td>SMART Recovery</td>
</tr>
<tr>
<td><a href="http://hr.umich.edu/mhealthy/programs/alcohol/management/">http://hr.umich.edu/mhealthy/programs/alcohol/management/</a></td>
<td>Alcohol Management</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
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<tbody>
<tr>
<td><a href="http://www.teens.drugabuse.gov">www.teens.drugabuse.gov</a></td>
<td>NIDA for Teens</td>
</tr>
<tr>
<td><a href="http://www.drugabuse.gov">www.drugabuse.gov</a></td>
<td>National Institute on Drug Abuse</td>
</tr>
<tr>
<td><a href="http://www.samhsa.gov/atod">www.samhsa.gov/atod</a></td>
<td>Substance Abuse and Mental Health Services Administration</td>
</tr>
</tbody>
</table>

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:**

<table>
<thead>
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<th>Website</th>
<th>Organization</th>
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</thead>
<tbody>
<tr>
<td><a href="http://www.al-anon.org">www.al-anon.org</a></td>
<td>Friends and Family of Alcoholics</td>
</tr>
<tr>
<td><a href="http://www.co-anon.org">www.co-anon.org</a></td>
<td>Friends and Family of Cocaine Addicts</td>
</tr>
</tbody>
</table>

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:**

<table>
<thead>
<tr>
<th>Website</th>
<th>Organization</th>
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<tbody>
<tr>
<td><a href="http://www.1800runaway.org">www.1800runaway.org</a></td>
<td>National Runaway Safeline</td>
</tr>
<tr>
<td><a href="http://www.boystown.org/hotline">www.boystown.org/hotline</a></td>
<td>Boys Town</td>
</tr>
<tr>
<td><a href="http://www.covenanthouse.org">www.covenanthouse.org</a></td>
<td>Covenant House</td>
</tr>
</tbody>
</table>

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
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) National Suicide Prevention Lifeline
- 800-SUICIDE (784-2433) Suicide Hotline
- 800-442-HOPE (4673) National Hopeline Network

**or for more information, visit:**
- [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) Suicide Awareness Voices of Education (S.A.V.E)

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

- 800-227-8922 American Sexual Health Association
- 800-CDC-INFO (232-4636) 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/hivaids](http://www.niaid.nih.gov/diseases-conditions/hivaids) NIAID

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) Planned Parenthood
- 866-942-6466 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

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) Overeaters Anonymous
- [www.foodaddicts.org](http://www.foodaddicts.org) Food Addicts in Recovery Anonymous
- [www.allianceforeatingdisorders.com](http://www.allianceforeatingdisorders.com) Alliance for Eating Disorders Awareness

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

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

- [www.debtorsanonymous.org](http://www.debtorsanonymous.org) Debtors Anonymous
- [www.smartaboutmoney.org](http://www.smartaboutmoney.org) Smart About Money