

If you or someone you know has a problem with alcohol or drugs, there are treatment services available throughout California to help you get on the road to recovery. These range from emergency counseling and initial assessment to detoxification services to residential or long-term outpatient treatment. The following resources can help you find the right service.

National Referral Hotlines

Alcohol and Drug Helpline	800-821-4357
Substance Abuse and Mental Health Services Administration (SAMHSA) Hotline	800-729-6686

Self Help Groups

Alcoholics Anonymous (AA)	www.aa.org	800-923-8722
Moderation Management	www.moderation.org	212-871-0974
SMART Recovery	www.smartrecovery.org	440-951-5357
Al-Anon/Alateen	www.al-anon.alateen.org	800-736-2666
Families Anonymous	www.familiesanonymous.org	800-736-9805
Adult Children of Alcoholics	www.adultchildren.org	310-534-1815
Narcotics Anonymous (NA)	www.na.org	818-773-9999

Treatment Facility Locator

SAMHSA	Http://findtreatment.samhsa.gov	800-662-help
California Department of Drug & Alcohol Programs	http://www.adp.state.ca.us	800-879-2772

Sober Living Resources

Salvation Army	www.salvationarmy.org	703-684-5500
Sober Living Network – Southern CA	www.soberhousing.net	310-396-5270

Drug and Alcohol Information

National Clearinghouse	www.ncadi.samhsa.org	866-729-6686
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For additional assistance with resources, contact College Health IPA at 800-779-3825.