

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

### **Treatment Facility Locator**

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

### **Sober Living Resources**

Salvation Army	<a href="http://www.salvationarmy.org">www.salvationarmy.org</a>	703-684-5500
Sober Living Network – Southern CA	<a href="http://www.soberhousing.net">www.soberhousing.net</a>	310-396-5270

### **Drug and Alcohol Information**

National Clearinghouse	<a href="http://www.ncadi.samhsa.org">www.ncadi.samhsa.org</a>	866-729-6686
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*For additional assistance with resources, contact College Health IPA at 800-779-3825.*