

**ORGANIZATIONS THAT CAN BE HELPFUL**

The following are all free, nonprofit, national resources dedicated to helping people. Included are advocacy organizations, self-help groups, and newsletters.

**Substance Abuse/Addictions**

Al-Anon Family Groups (for relatives, friends, and teen relatives of alcoholics); www.alanon.org	800-344-2666 OR 800-356-9996
Alcoholics Anonymous (World Service); www.aa.org	212-870-3400
American Council for Drug Education; www.acde.org	800-488-DRUG
American Council on Alcoholism; assistedrecovery.com	800-527-5344
Center for Substance Abuse Treatment: National Drug Information, Treatment and Referral Hotline; www.samhsa.gov/treatment	800-662-HELP OR 800-729-6686
Cocaine Anonymous (World Service); www.ca.org	310-559-5833
Co-Dependents Anonymous (addictive relationships); www.coda.org	602-277-7991
Division on Addiction—Harvard Medical School; divisiononaddictions.org	781-306-8600
Families Anonymous (for families with substance abuse); www.familiesanonymous.org	800-736-9805
Gamblers Anonymous (GA); gamblersanonymous.org	213-386-8789
Harm Reduction Coalition; harmreduction.org	212-213-6376
Highland Ridge Helpline	800-821-4357
Join Together (for communities working to reduce substance abuse); www.drugfree.org/join-together	617-437-1500
Narcotics Anonymous (World Service); na.org	818-773-9999
National Council on Alcoholism and Drug Dependence; ncadd.org	800-NCA-CALL
National Institute on Drug Abuse (NIDA); www.nid.nih.gov	
Rational Recovery (main office); rational.org	530-621-2667
Secular Organization for Sobriety/Save Our Selves (SOS); www.cfiwest.org/sos	323-666-4295
SMART Recovery (national office); smartrecovery.org	866-951-5357
Sexaholics Anonymous (national office); sa.org	866-424-8777

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**Trauma/PTSD/Anxiety Disorders**

Anxiety Disorders Association of America; <a href="http://www.adaa.org">www.adaa.org</a>	240-485-1001
Cavalcade Videos (on trauma, for patients and therapists); <a href="http://www.cavalcadeproductions.com">www.cavalcadeproductions.com</a>	800-345-5530
International Society for Traumatic Stress Studies; <a href="http://www.istss.org">www.istss.org</a>	847-480-9028
<i>Many Voices</i> (trauma survivors newsletter); <a href="http://www.manyvoicespress.com">www.manyvoicespress.com</a>	513-751-8020
National Center for PTSD and PILOTS Database (extensive literature on PTSD); <a href="http://www.ptsd.va.gov/professional/pilots-database/pilots-db.asp">www.ptsd.va.gov/professional/pilots-database/pilots-db.asp</a>	802-296-6300; and <a href="http://www.ncptsd.org">www.ncptsd.org</a>
National Center for Trauma-Informed Care; <a href="http://www.samhsa.gov/nctic">www.samhsa.gov/nctic</a>	866-254-4819
National Center for Victims of Crime; <a href="http://www.ncvc.org">www.ncvc.org</a>	202-467-8700
National Institute of Mental Health Information Line; <a href="http://www.nimh.nih.gov">www.nimh.nih.gov</a>	800-615-6464
<i>PTSD Research Quarterly</i> (summary of new research); <a href="http://www.ptsd.va.gov/professional/newsletter/ptsd-rq.asp">www.ptsd.va.gov/professional/newsletter/ptsd-rq.asp</a>	
Sidran Traumatic Stress Foundation (trauma information, support); <a href="http://www.sidran.org">www.sidran.org</a>	410-825-8888

**Domestic Violence**

National Domestic Violence Hotline; <a href="http://www.thehotline.org">www.thehotline.org</a>	800-799-7233
National Resource Center on Domestic Violence; <a href="http://www.nrcdv.org">www.nrcdv.org</a>	800-537-2238

**Mental Health**

Grief Recovery Helpline; <a href="http://www.ggcoa.org">www.ggcoa.org</a>	800-445-4808
Mental Health America; <a href="http://www.nmha.org">www.nmha.org</a>	800-969-6642
National Alliance for the Mentally Ill; <a href="http://www.nami.org">www.nami.org</a>	800-950-6264
National Institute of Mental Health Information Resource Center	800-421-4211

**HIV/AIDS/Sexually Transmitted Diseases (STDs)**

AIDS Hotline; <a href="http://www.aac.org/hotline">www.aac.org/hotline</a>	800-235-2331
American Social Health Association (sexually transmitted diseases); <a href="http://www.ashastd.org">www.ashastd.org</a>	919-361-8400
Centers for Disease Control National AIDS Hotline; <a href="http://www.cdc.gov/hiv">www.cdc.gov/hiv</a>	800-232-4636

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Gay Men's Health Crisis Hotline; <a href="http://www.gmhc.org">www.gmhc.org</a>	212-367-1000
National Prevention Information Network; <a href="http://cdcnpin.org">cdcnpin.org</a>	800-458-5231
Planned Parenthood; <a href="http://www.plannedparenthood.org">www.plannedparenthood.org</a>	800-230-7526

### Parenting/Relationships

American Academy of Husband-Coached Childbirth; <a href="http://bradleybirth.com">bradleybirth.com</a>	800-4A-BIRTH
Child Abuse Prevention Center; <a href="http://childabusepreventioncenter.org">childabusepreventioncenter.org</a>	214-370-9810
International Childbirth Education Association; <a href="http://www.icea.org">www.icea.org</a>	800-624-4934
National Adoption Center; <a href="http://www.adopt.org">www.adopt.org</a>	800-TO-ADOPT
National Child Traumatic Stress Network; <a href="http://www.nctsn.org">www.nctsn.org</a>	310-235-2633
Parents Helping Parents (free self-help support groups); <a href="http://www.parentshelpingparents.org">www.parentshelpingparents.org</a>	800-632-8188