

## SelfHelp and Treatment Resources for Alcohol and Other Drugs Abuse

- Substance Abuse and Mental Health Services (samhsa.gov)
  - Treatment Locator (findtreatment.samhsa.gov)
  - Treatment Referral Line 800-662-HELP (4357)
- MentalHealth.gov
  - Education on mental health and substance abuse. Information about treatment and selfhelp.
- Ok2Talk.org
  - The goal of OK2TALK is to create a community for teens and young adults with mental health problems and encourage them to talk about what they re experiencing by sharing their personal stories of recovery, tragedy, struggle or hope. Anyone can add their voice by sharing creative content such as poetry, inspirational quotes, photos, videos, song lyrics and messages of support in a safe, moderated space. We hope this is the first step towards getting help and feeling better.
- HelpGuide.org (in collaboration with Harvard Health Publications, Harvard Medical School)
  - Information about several addiction processes (e.g., alcohol, drugs, gambling, smoking, internet/computer, cuttingself)
  - Guidance on choosing a treatment program-help self programs.
- National Alliance on Mental Illness (nami.org)
  - Education for individuals struggling with dual diagnoses and their families
  - Local support groups
- Veterans Crisis Line: 1