

SUPPORT GROUPS AND RESOURCES

Families Anonymous is a fellowship of people whose lives have been affected by the use of mind-altering substances in a family member or friend. Freedom from guilt, worry and hopelessness comes from listening to those who have shared similar experiences and found some answers. By attending meetings, studying literature, talking to other members, and working the Steps of the program, the situation suddenly or gradually looks different. Reactions begin to change. Members learn to face reality with comfort, related behavioral problems of a relative or friend. Any concerned person is encouraged to attend even if there is only a suspicion of a problem. Here the emotionally involved family can find help, even if the offending member is not yet ready to seek help.

Families Anonymous
P.O. Box 3475
Culver City, CA 90231
800-736-9805

Al-Anon Family Group Membership is open to all who have a close relationship to, or love for an alcoholic. The group purpose is to (1) develop intelligent understanding of the alcoholism (2) to live according to the principles of Al-Anon in order to acquire serenity (3) to meet regularly for the exchange of ideas and inspiration and to gain strength through prayer and meditation (4) to practice humility and tolerance in our daily living and (5) to welcome and encourage the family of the alcoholic to participate in the program and live more abundantly.

Al-Anon World Service Office
1600 Corporate Landing Parkway
Virginia Beach, Virginia 23454-5617
888-425-2666
www.al-anon.alateen.org

Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

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Alcoholics Anonymous World Service Organization
Grand Central Station
P.O. Box 459
New York, New York 10163

Adult Children of Alcoholics is a 12-Step fellowship for men and women who grew up in alcoholic or dysfunctional families. Members identify with fear of authority, approval seeking behavior, inability to feel and express feelings. The solution is to keep the focus on yourself, free yourself from the past, take responsibility for your own life and become your own loving parent. This is a spiritual program based on action – coming from love that allows its members to restructure their thinking and heal themselves.

Adult Children of Alcoholics
Central Service Board
Interim World Service Organization
P.O. Box 3216
2522 W. Sepulveda Blvd., #200
Torrance, California 90505
(213) 534-1815

The National Alliance for the Mentally Ill (NAMI) is dedicated to the eradication of mental illnesses and to improvement of the quality of life of all whose lives are affected by these diseases. NAMI is a nonprofit, grassroots, self-help, support and advocacy organization of consumers, families, and friends of people with severe mental illnesses.

National Alliance for the Mentally Ill (NAMI)
Colonial Place Three
2107 Wilson Blvd., Suite 300
Arlington, VA 22201-3042
Main: (703) 524-7600
Fax: (703) 524-9094
TDD: (703) 516-7227
Helpline (800) 950-NAMI (6264)

The National Mental Health Association is the country's oldest and largest nonprofit organization addressing all aspects of mental health and mental illness. With more than 340 affiliates nationwide, NMHA works to improve the mental health of all Americans, especially the 54 million people with mental disorders, through advocacy, education, research and service.

National Mental Health Association
2001 N. Beauregard Street, 12th Floor
Alexandria, VA 22311
Phone (703) 684-7722
Fax (703) 684-5968
Mental Health Resource Center (800) 969-NMHA
TTY Line (800) 433-5959

The Depression and Bipolar Support Alliance (DBSA) is the nation's leading patient-directed organization focusing on the most prevalent mental illnesses—depression and bipolar disorder. The organization fosters an understanding about the impact and management of these life-threatening illnesses by providing up-to-date, scientifically-based tools and information written in language the general public can understand. DBSA supports research to promote more timely diagnosis, develop more effective and tolerable treatments and discover a cure. The organization works to ensure that people living with mood disorders are treated equitably.

Depression and Bipolar Support Alliance

730 N. Franklin, Ste. 501

Chicago, IL 60610

Phone (312) 988-1159

Fax (313) 642-7243

Toll Free (800) 826-3632

Incarcerated Loved Ones, Family and Friends Support Group

P.O. Box 285

St. Clair, MI 48079

Phone (810) 989-6476

roofron@gct21.net

National Mental Health Information Center: www.mentalhealth.org