

FREE RESOURCES FOR ADDICTION

National Institutes of Health (NIH): The National Institutes of Health regularly publishes research findings on the nature of alcohol use disorders and other substance use disorders as well as a range of medical and mental health disorders. A large portion of their grant-funded research is dedicated to how alcohol impacts the body, what chronic ailments are exacerbated by alcohol intake and the impact of different treatments and therapies on people who are seeking recovery from the disease.

<https://www.nih.gov/>

National Council on Alcoholism and Drug Dependence (NCADD): The National Council on Alcoholism and Drug Dependence is focused on increasing public awareness about addiction. Their focus is on helping families to understand how alcoholism and addiction can negatively impact the entire family and on assisting all involved in connecting with treatment to heal.

<https://www.ncadd.org/>

Centers for Disease Control (CDC): The Centers for Disease Control is dedicated to the study of all diseases, including the disease of alcoholism and addiction. They analyze a great deal of information and research on how alcohol is impacting Americans so we can better understand the demographics and the financial impact as well as the health implications of untreated addiction.

<http://www.cdc.gov/>

Mothers Against Drunk Driving (MADD): Mothers Against Drunk Driving is a coalition that was started by mothers who lost their children to drunk driving accidents, activists dedicated to lobbying for positive change in terms of how alcohol use is regulated with an eye toward keeping drunk drivers off the road. They, too, offer a great deal of information, particularly regarding teen drinking and how individual states are handling the problem of drunk driving.

<https://www.madd.org/>

National Institute on Alcohol Abuse and Alcoholism (NIAAA): The National Institute on Alcohol Abuse and Alcoholism is one of 27 departments in the National Institutes of Health. It is solely focused on reducing the impact of alcohol use and abuse on the country. The organization conducts its research and funds alcohol addiction-related research around the world as well

<https://www.niaaa.nih.gov/>

Alcoholics Anonymous: The most famous alcohol addiction recovery support program, started in 1935, has become a global phenomenon with meetings in most towns and cities all around the world. With the understanding that support to end alcohol addiction requires social reinforcement and should not be hampered by a lack of money, AA provides a specific framework in the 12 Steps. The model helps a person understand,

through guided group meetings, that they can stop drinking, and become healthy and productive members of society again.

<https://www.aa.org/>

Salvation Army: Inspired by the 12-Step model, the Christian-based Salvation Army offers support and treatment assistance, social and job skills training, and a focus on returning parents struggling with substance abuse, including AUD, to their families.

<http://www.salvationarmyusa.org/usn/combat-addiction/>

Volunteers of America: This religious charity offers a more specific set of treatment options for alcohol and drug abuse, including detox oversight, intensive outpatient and residential treatment options, and specific help for women with children who need to overcome an alcohol or drug addiction.
<https://www.voa.org/substance-abuse>

Step Chat: This is an online board for chat rooms, mainly using AA and the 12-Step model, to help people who may want to remain completely anonymous, who do not have access to AA meetings in person, or who may not be able to leave their homes to get peer support to remain sober and on track to recovery

[.http://stepchat.com/slate.htm](http://stepchat.com/slate.htm)

Department of Veterans Affairs: Many veterans struggle with mental and behavioral health issues, including alcohol abuse or addiction. The VA provides comprehensive medical benefits, which include treatment for mental illness, substance abuse, and co-occurring disorders.

<https://www.mentalhealth.va.gov/res-vatreatmentprograms.asp>

Medicaid: This federally funded insurance program is geared toward those who are low-income or struggling with a disability. Many states under the Affordable Care Act (ACA) have expanded their Medicaid programs to cover more people, both adults, and children, at more income levels or to provide subsidized treatment. Also under the ACA, insurance programs are required to cover some level of substance abuse treatment, including alcohol abuse. Check the website to determine eligibility for Medicaid or a Medicaid expansion program, and find local resources to help with AUD or problem drinking detox and rehabilitation.

<https://www.medicaid.gov/>

National Treatment Network: A program associated with the National Association of State Alcohol and Drug Abuse Directors (NASADAD), NTN manages programs with evidence-based treatment practices, workforce development, medication-assisted treatment (MAT) for safe detox, and more. They even oversee programs specifically for women who have been impacted by drug or alcohol abuse

[.http://nasadad.org/ntn-2/](http://nasadad.org/ntn-2/)

Substance Abuse and Mental Health Services Administration (SAMHSA) Treatment Finder: Regardless of a person's insurance or income,

SAMHSA's online treatment finder and phone hotline 1-800-662-HELP (4357). A free, 24/7 helpline gives everyone access to assistance finding treatment resources nearby that are at their income level as well as at their level of need. provides referrals to local treatment facilities support groups, and community-based organizations. The helpline is confidential information and can be in English or Spanish. Callers are also given the option to order free publications and other information. In 2013, the helpline received 334,891 calls which are nearly 28,000 calls per month.

<https://findtreatment.samhsa.gov/>

Center for Substance Abuse Treatment (CSAT)

The Center for Substance Abuse Treatment (CSAT), a part of the Substance Abuse and Mental Health Services Administration (SAMHSA), is responsible for supporting treatment services through a block grant program, as well as disseminating findings to the field and promoting their adoption. CSAT also operates the 24-hour National Treatment Referral Hotline (1-800-662-HELP), which offers information and referral services to people seeking treatment programs and other assistance. CSAT publications are available through SAMHSA's Store (store.samhsa.gov).

<http://www.samhsa.gov/about-us/who-we-are/offices-centers/csat>

Al-Anon Family Groups – Al-Anon and Alateen Family Groups offer support and fellowship to relatives and friends of individuals with alcohol problems. Mutual support groups meet worldwide.

<http://www.al-anon.alateen.org/>

National Organization on Fetal Alcohol Syndrome – A nonprofit organization working to raise awareness of birth defects caused by alcohol consumption during pregnancy and to improve quality of life for those affected.

<http://www.nofas.org/>

Children of Alcoholics Foundation – A nonprofit organization that provides educational materials and services to those wanting to live healthier lifestyles.

<http://www.coaf.org/>

Christopher D. Smithers Foundation – A foundation that aims to reduce the stigma of alcohol addiction through public education and funds prevention programs serving high-risk populations.

<http://www.smithersfoundation.org/>

Community Anti-Drug Coalitions of America (CADCA) – A coordinating body that supports anti-drug coalitions with technical assistance, training, public policy, media strategies, marketing programs, and conferences.

<http://www.cadca.org/>

Dana Foundation – A private philanthropic organization devoted to brain research that specializes in (and provides information on) neuroscience, neuroimmunology, and addiction.

<http://www.dana.org/>

Drug Strategies – Drug Strategies is a nonprofit research institute that promotes more effective approaches to the nation’s drug problems and supports private and public efforts to reduce the demand for drugs through prevention, education, treatment, law enforcement, and community initiatives.
<http://www.drugstrategies.org/>

Faces & Voices of Recovery – Faces & Voices of Recovery is a national campaign of people in long-term recovery, families, friends and allies and organizations that advocate to end discrimination, broaden social understanding, and achieve a just response to addiction as a public health crisis.
<http://www.facesandvoicesofrecovery.org/>

National Family Partnership – An organization that provides information and materials for communities to promote youth alcohol and drug prevention efforts.
<http://nfp.org/>

Phoenix House – One of the country’s best known anti-drug organizations, running 120 programs in 11 states, this famed nonprofit facility works to treat and prevent substance abuse among lower-income adults and adolescents without demanding the exorbitant fees required by ritzier rehabs.
<http://www.phoenixhouse.org/>

The National Alliance on Mental Illness (It also offers a hotline 1-800-950-NAMI (6264) available during business hours for questions on mental health issues and treatment options.)
<http://www.nami.org/>

Mental Health America with the above organization is nonprofit, self-help support organizations for patients and families dealing with a variety of mental disorders. Both have State and local affiliates throughout the country and maybe especially helpful for patients with co-morbid conditions.
<http://www.mentalhealthamerica.net/>

Blogs about addiction

AddictionBlog.org – This network of writers and bloggers are industry leaders interested in the field of addiction treatment. The site embraces new ideas and alternative approaches for the treatment of all types of addiction and aims to stimulate intelligent communication about the trends and discoveries in the treatment of addictions.
<http://addictionblog.org/>

Addiction Inbox: The Science of Substance Abuse – blogger and freelance science writer Dirk Hanson maintain this blog. This is a popular spot to learn about scientific and medical findings on drugs and alcohol. Posts include interviews with neuroscientists, drug policy czars, social science professors, and many others. Hanson simplifies complex medical information

on drugs, addiction, alcoholism and treatment therapies to make them easy to read and understand.

<http://www.addiction-dirkh.blogspot.com/>

Addiction Addict – This blog is written by an alcoholic who tried multiple times to get sober and who has been sober for over a year now. It talks directly about the dark side of addiction and offers support and advice to others going through the same thing to help them feel less alone and to pass on what has worked for her. The writing is honest and direct.

<http://www.addictionaddict.com/blog/>

Addictions Recovery Blog – Run by a licensed certified addictions counselor who is also in long term recovery, this blog offers an opportunity for discussion of addiction treatment, recovery, support services, 12 Step Programs, and any other material relevant to addictions and recovery. Newcomers to recovery, old-timers, addictions professionals, significant others of a person with a drug or alcohol problem, are all welcome. Registration is required.

<http://www.alcoholdrugsos.com/>

The Discovering Alcoholic – This collection of blog posts includes essays, stories, and videos. All the materials share the goal of helping addicts and alcoholics discover themselves, many with a healthy dose of humor. Blog editor Gavin has been clean and sober since 1994. He's involved in many aspects of the recovery community. Packed with thoughtful and contemplative tips, this blog is a supportive place to spend some time.

<http://discoveringalcoholic.com/>

The Fix – The Fix, a leading website on addiction and recovery, has launched a blog that features a variety of expert voices and personal stories on everything to do with addiction and recovery.

<https://www.thefix.com/>

Guinevere Gets Sober – This blog follows the recovery and insights of a mom with a successful career as she talks about the meaning of addiction and common assumptions about drug abuse. The author's moving personal posts show how practices like yoga and everyday experiences can support recovery. The blog is directed towards addicts and their loved ones.

<http://guineveregetssober.com/>

The Hurt Healer – A gentle, inspirational blog by a woman in recovery

<http://thehurthealer.com/>

It's not always Crystal clear – An honest and insightful account of a woman and mother's journey from addiction through recovery, and after, from a Christian perspective

<http://myjourneyfromanaddict.blogspot.com/>

A Recovering Addicts Experience – This is a well maintained and thoughtful blog on many aspects of recovery, including different perspectives

and ways of looking at addiction and recovery. The purpose is to communicate the struggle and processes that bring those in recovery together and provide the support that gives strength and courage to keep fighting. Another focus is to help inspire understanding and compassion for those in recovery and see what is helpful in that process.

<http://recoveringaddictsexperience.blogspot.ca/>

Recovery Reflections – Certified coach and addiction counselor Tim Welch publishes daily affirmations, uplifting-quotes, poems, and stories offered by people in recovery and their loved ones, as well as images of calming and inspirational landscapes

[.http://www.recoveryreflections.com/](http://www.recoveryreflections.com/)

Waking Up the Ghost – This engaging and insightful blog touches on all aspects of living life in recovery. It is done with wisdom and humor and presents a unique look at processing life through the lens of recovery.

<http://wakinguptheghost.com/>

Yoga and Recovery – Written by a yoga teacher in recovery, this blog focuses on healing, self-care, breathing, AA, addiction, co-dependency, working practice for health and self-discovery, relapse prevention and compassion.

<http://wakinguptheghost.com/>

(Because some blogs are updated more frequently than others, we grouped the blogs listed above into a Feedly Shared Collection (available here:feedly.com/addiction). Feedly is an application that allows you to read articles and blog posts from your favorite blogs and publications together in one place so you don't have to check each website to look for new articles and posts.)

Addiction Forums

Addiction Recovery Guide Forums – A place to share stories and ask questions about treatment for all kinds of addictions.

http://www.addictionrecoveryguide.org/message_board/

Drugs.com Forum – An open forum to discuss prescription drug addiction and ways to live healthier.

<http://www.drugs.com/forum/prescription-drug-addiction/>

PsychForums.com – A forum where people can ask questions and discuss anything from drug addiction to mental disorders.

<http://www.psychforums.com/drug-addiction/>

SMART Recovery Forums – An online meeting place for those going through the SMART program to discuss their progress and support one another.

<http://www.smartrecovery.org/community/forum.php#.VlfM3HarRhE>

SoberRecovery Forums – A place where people who are living sober lifestyles after suffering from alcoholism and drug addiction can openly share stories and experiences.

<http://www.soberrecovery.com/forums/>

Mobile Apps for Addiction

Sober Grid – Free location-based app that lets its users find and connect with others striving to recover. By encouraging and practicing sober friendships, it offers one of the best support systems. You can remain anonymous if you wish as well. It allows you to message local users, post messages to a local newsfeed, and even alert others when you need their support.

<http://www.sobergridapp.com/>

Addicaid – Is an award-winning, comprehensive substance and process addiction app. Based on proven methods of success, Addicaid's scientific approach helps you develop strategies for a lasting and fulfilling recovery. Find and save nearby support groups (12-step and alternative programs), give and get community support, and stay inspired with relevant content. Track your usage patterns and urges while following along with an interactive curriculum that introduces you to a new way to live your life and achieve your goals.

<http://addicaid.com/>

Alcohol Addiction Apps

12 Steps AA Companion (paid) – This sobriety tool is available for members of Alcoholics Anonymous. Provides a Big Book reader, prayers, Big Book promises, search tool, sobriety calculator, notes, and AA contacts database. An anonymous icon protects anonymity by not showing references to AA. It also contains an extensive meeting directory and program descriptions. The app is available for [iPhones and Apple products for \\$2.99](#) and [Android devices for \\$1.99](#). <https://itunes.apple.com/us/app/12-steps-aa-companion-alcoholics/id295775656?mt=8><https://play.google.com/store/apps/details?id=m.e.deanhuff.companion>

Clean Time Counter (free) – The CleanTime Counter keeps track of the user's sobriety by calculating the time that has elapsed since a starting date. It has different customizable settings and is [available free for Android devices](#). <https://play.google.com/store/apps/details?id=ru.topot.cleancounter&hl=en>

Stop Drinking with Andrew Johnson (paid) – English hypnotist and stress-management coach Andrew Johnson has been helping people find calm and order for almost two decades. Now, he brings his relaxation techniques and visualization tools to alcohol addiction recovery. Whether you've only just begun your journey or you've been alcohol-free for several decades, Johnson's techniques may help you find calm and tranquility so you can

handle stress without turning to alcohol. The app is available for iPhones and Apple products for \$2.99 and [Android devices for \\$2.99](#).

I am Sober (paid) – Visualization is important in achieving any goal, and sobriety is no exception. As you make the journey towards a sober lifestyle, this app shows you your progress. In fact, as you continue to use the app, the homepage shows you how many years, months, and days you've been sober. There's also a countdown to your next milestone for extra inspiration. For some additional help, the app features a daily notification that acts as an electronic buddy system to remind you of your goals and progress. The app is available for iPhones and Apple products for \$1.99 and [Android devices for \\$1.99](#).

Drug Specific Organizations

Help Guide – Offers the latest developments in the psychological, social, and medical sciences. They accomplish this by their means of research combined with their collaboration with Harvard Health Publications. HelpGuide has become a globally accredited online resource by serving more than 80 million people annually.

<http://www.helpguide.org/articles/addiction/alcohol-addiction-treatment-and-self-help.htm>

Cocaine - [Cocaine Anonymous](#) – A fellowship and membership of men and women that are addicted to cocaine. With no money down and no hidden fees, this program's only requirement is to have the desire to quit the use of cocaine along with other mind-altering substances. Share your experience, strengthen one another, and hope together by help others and yourself to recover from the same addiction.

<http://www.ca.org/>

Crystal Meth- [Crystal Meth Anonymous](#) – Crystal Meth Anonymous is a 12-Step fellowship whose primary purpose is to lead a sober life and to carry the message of recovery to the crystal meth addict who still suffers. Membership is open to anyone with a desire to stop using drugs. CMA is a relatively young program, with growing activity.

<http://www.crystalmeth.org/>

Heroin - [Heroin Anonymous](#) – HA is a 12-Step program adapted from AA's 12 steps and is concerned solely with the personal recovery and continued sobriety of heroin addicts. There are no dues or fees for membership. HA will assist new groups that seek to begin meetings in new locations

<http://www.heroinanonymous.org/>

Marijuana - [Marijuana Anonymous](#) – Recovery from marijuana addiction through a 12-step program including regular attendance at group meetings.

<https://www.marijuana-anonymous.org/>

Multiple addictions - [Dual Recovery Anonymous](http://draonline.qwknetllc.com/index.html) – Recovery from joint chemical dependence & emotional/psychiatric illness through a 12-step program including regular attendance at group meetings.

<http://draonline.qwknetllc.com/index.html>

Others

[Narcotics Anonymous](http://www.na.org/) – Recovery from drug addiction through a 12-step program including regular attendance at group meetings. It is now a global, community-based organization. Although slow as a small start-up organization, it has now reached a multi-lingual and multicultural status with more than 63,000 meetings weekly in 132 countries.

<http://www.na.org/>

[Center on Addiction and Substance Abuse](http://www.casacolumbia.org/) – With funding from donors and federal and state agencies, this nonprofit is associated with Columbia University and works to bring addiction to the forefront as a public health concern.

<http://www.casacolumbia.org/>

[Partnership for Drug-Free Kids](http://www.drugfree.org/) – This nonprofit raises awareness, trains local professionals, and coordinates with community organizations to combat growing drug and alcohol addiction by teens in the United States.

<http://www.drugfree.org/>

Gambling Addiction - [Gamblers Anonymous](http://www.gamblersanonymous.org/ga/) – 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 a gambling problem.

<http://www.gamblersanonymous.org/ga/>

Porn and Sex Addiction - [The Support Group Project](http://www.supportgroupproject.org/) – An online directory to help families across the country find the support they need in the face of a loved one's addiction.

<http://www.supportgroupproject.org/>

Clinical Trials about addiction

[ClinicalTrials.gov](https://www.clinicaltrials.gov/) – Registry and results database of federally and privately supported clinical trials conducted in the United States and around the world.

<https://www.clinicaltrials.gov/>

[NIDA Clinical Trials Network \(CTN\)](http://www.drugabuse.gov/about-nida/organization/cctn/ctn/research-studies) – Links to CTN studies of behavioral & pharmacological treatment interventions & enrollment status.

<http://www.drugabuse.gov/about-nida/organization/cctn/ctn/research-studies>

[NIMH Clinical Trials](http://www.nimh.nih.gov/health/trials/index.shtml) – NIMH clinical trials currently seeking participants. Click the link to learn more and apply to be a part of the most innovative addiction treatments in today's date.

<http://www.nimh.nih.gov/health/trials/index.shtml>

Selected NIDA Educational Resources on Drug Addiction Treatment

Blending products. NIDA's Blending Initiative—a joint venture with SAMHSA and its nationwide network of Addiction Technology Transfer Centers (ATTCs)—uses "Blending Teams" of community practitioners, SAMHSA trainers, and NIDA researchers to create products and devise strategic dissemination plans for them. Completed products include those that address the value of buprenorphine therapy and onsite rapid HIV testing in community treatment programs; strategies for treating prescription opioid dependence; and the need to enhance healthcare workers' proficiency in using tools such as the Addiction Severity Index (ASI), motivational interviewing, and motivational incentives. For more information on Blending products, please visit NIDA's Web site at

[drugabuse.gov/blending-initiative](https://www.drugabuse.gov/blending-initiative). <https://www.drugabuse.gov/blending-initiative>

Addiction Severity Index. Provides a structured clinical interview designed to collect information about substance use and functioning in life areas from adult clients seeking drug abuse treatment. For more information on using the ASI and to obtain copies of the most recent edition, please visit:

<http://triweb.tresearch.org/index.php/tools/download-asi-instruments-manuals/>

Drugs, Brains, and Behavior: The Science of Addiction(Reprinted 2010). This publication provides an overview of the science behind the disease of addiction. Publication #NIH 10-5605. Available online at

<https://www.drugabuse.gov/publications/science-addiction>

Seeking Drug Abuse Treatment: Know What To Ask (2011). This lay-friendly publication offers guidance in seeking drug abuse treatment and lists five questions to ask when searching for a treatment program. NIDA Publication #12-7764. Available online at

<https://www.drugabuse.gov/publications/seeking-drug-abuse-treatment>

- NIDA DrugPubs Research Dissemination Center. NIDA publications and treatment materials are available from this information source. Staffs provide assistance in English and Spanish and have TTY/TDD capability. Phone: 877-NIDA-NIH (877-643-2644); TTY/TDD: 240-645-0228; fax: 240-645-0227; e-mail: drugpubs@nida.nih.gov; Web site: drugpubs.drugabuse.gov.
- The National Registry of Evidence-Based Programs and Practices. This database of interventions for the prevention and treatment of mental and substance use disorders is maintained by SAMHSA and can be accessed at www.samhsa.gov/nrepp.
- SAMHSA's Store has a wide range of products, including manuals, brochures, videos, and other publications. Phone: 800-487-4889; Web site: store.samhsa.gov.

- The National Institute of Justice. As the research agency of the Department of Justice, the National Institute of Justice (NIJ) supports research, evaluation, and demonstration programs relating to drug abuse in the context of crime and the criminal justice system. For information, including a wealth of publications, contact the National Criminal Justice Reference Service at 800-851-3420 or 301-519-5500; or visit nij.gov.

Addiction related Hotlines

Drug Addiction Hotline Number

- SAMHSA national hotline 1-800-662-HELP (4357) offers information on addiction and free referral services in English and Spanish 24 hours a day.
- Helpline number 1-800-487-4889 is available to people with hearing impairment for information on substance abuse 24 hours a day.
- The Partnership for a Drug-Free America runs a drug hotline for parents 1-855-DRUG-FREE (378-4373) during business hours.
- The National Council on Alcoholism and Drug Dependence Hope Line 1-800-NCA-CALL (622-2255) for assistance with affiliate programs nationwide.

Overdose Hotline

- Addicts in emergencies should call 911 in the United States. This number is available 24 hours, 7 days a week, 365 days a year. A free phone counseling hotline is not equipped to deal with emergencies.
- The National Poison Control Center can be reached at 1-800-222-1222 for free, confidential information from experts on poisons including drug and alcohol overdose.
- 1-800-999-9999 is a National Directory of drug abuse hotline numbers and crisis intervention centers.

Mental Health Disorder Helplines

- The National Suicide Prevention Lifeline can be called on 1-800-273-TALK (8255) around-the-clock by individuals with suicidal ideation.
- The National Mental Health Association's number 1-800-969-6642 is available during business hours for questions about mental health issues.
- The National Association of Anorexia Nervosa and Associated Disorders at 1-847-831-3438 (not toll-free) is available during business hours.
- The National Alliance on Mental Illness 1-800-950-NAMI (6264) available during business hours for questions on mental health issues and treatment options.

24 Hour Alcohol Abuse Hotline

- Alcohol hotline number 1-800-331-2900
- Drug and alcohol abuse helpline 1-888-506-0699
- Alcoholics Anonymous helpline by zip code

Drug Abuse Hotline for Families

- Al-Anon and Alateen crisis line 1-800-356-9996
- Boys Town National Hotline 1-800-448-3000
- National Runaway Safeline 1-800-RUNAWAY

Helplines for Specific Drugs

- 1-800-COCAINE
- 1-800-9-HEROIN
- 1-888-MARIJUANA
- A phone call can change your life. Pick up the telephone and make that call to a helpline and start addiction treatment without delay.

What is a Substance Abuse Hotline?

A drug help hotline is a telephone number that people can call and get free information about addiction and treatment for substance abuse. Individuals who are addicted to illicit substances, prescription medications, or alcohol can get comprehensive information on all types of resources for recovery from substance abuse, including addiction treatment programs and local rehab facilities. Family and friends can call a helpline to learn about the signs of substance abuse in a loved one. The helpline also provides information on nearby inpatient and outpatient rehabilitation facilities.

Addiction hotline free phone numbers are usually manned 24 hours a day, 7 days a week by trained volunteers and employees. Representatives who handle helpline calls are knowledgeable and helpful. Callers to an addiction helpline are provided support without reprimand or judgment. Calls to helpline numbers are anonymous to maintain confidentiality. Calling a helpline is the first positive step towards recovery for many addicts.

Reasons for Calling an Addiction Hotline

Calling an addiction recovery hotline can provide immediate access to support and advice from a trained counselor without waiting to make an appointment or go to a clinic. The services of an addiction helpline are free and confidential. Besides useful information, the caller can benefit from the clarity of thought and gain a sense of control over the situation. Here are some reasons why a person with an addiction problem should pick up the phone and make that call to a helpline:

- To obtain information about the signs and symptoms of addiction.
- To learn about the dangers of substance abuse.
- To talk to experts at a drug overdose hotline.
- To discuss local rehabilitation and recovery programs.
- To ask questions about insurance coverage.
- To get psychological counseling and emotional support.
- To seek help for a friend or family member.

- To access information on addiction prevention.

When a person calls a helpline number, they have nothing to lose and everything to gain. The services are usually free, and the caller can benefit from talking to trained counselors about addiction treatment.

Can You Get into Trouble for Calling a Drug Helpline?

Many recovering addicts have concerns about calling a drug hotline. However, there is no reason to be afraid of calling an addiction helpline. Here are answers to some common questions:

- Is it free to call an abuse hotline number? Most of the time, a helpline for recovering addicts is free and offers 24/7 help to people experiencing problems with substance abuse. Toll-free numbers offer information and crisis support completely free of charge. Numbers that are not toll-free may invite the cost of the phone call. Most numbers are available 24x7, although some have specific working hours. Many helpline numbers offer multilingual services.
- Is the person who calls abuse hotlines obliged to perform certain actions? Calling a hotline places no obligation on the caller. Trained counselors answer questions and provide guidance without forcing involuntary treatment. Callers do not have to commit to entering drug rehab after making the call.
- Can a person go to jail for calling an addiction helpline? No, calling an addiction helpline will not land a person in the criminal justice system. Rather, not getting help for substance abuse can result in all kinds of troubles, including crime, losing custody of children, and ending up in jail.
- Is the phone call to an addiction helpline number confidential? Yes, the advice is free and 100 percent confidential. Callers remain anonymous and do not need to provide personal information to the counselor.

What to Expect a When You Call a 24 Hour Addiction Helpline

Making a call to an addiction or abuse helpline is the first step on the road to recovery. Many addicts feel overwhelmed and afraid and wonder what kind of questions will be asked at a 24-hour free counseling hotline. Here's what a helpline representative might ask:

- Are you in a life-threatening situation?
- What specific illicit substances do you use?
- How long have you been using illegal substances?
- How frequently do you use illicit drugs or alcohol?
- Do you have co-existing mental health problems or other health issues?
- Have you disclosed your substance abuse to friends and family?
- Are you ready to start treatment for addiction?
- Have you previously been to rehab?

The decision to seek help for substance abuse is a critical one. The counseling offered by a drug or alcohol hotline can prove extremely valuable in a person's recovery.

How to Call a Drug and Alcohol Hotline?

Calling a toll-free drug hotline number is an excellent way to start on the journey to recovery from substance abuse. These helpline numbers provide knowledge, support, and resources to recovering addicts at any time of the day. Here's a step-by-step guide to calling an addiction helpline:

Step 1: Find out the appropriate number to call. If you think you may have overdosed or there is some other emergency, call 911 immediately. If it is not an emergency, remember, certain hotline numbers deal with specific types of abuse. If you have an addiction to opioid painkillers, you may need to call a prescription drug abuse hotline. If you have a teenager who is struggling with substance abuse, the most appropriate number to call may be a teen drug abuse hotline.

Step 2: Have a list of questions written down. It can be overwhelming to talk to a representative at a 24-hour counseling hotline about addiction, which is a deeply personal matter. A list will help you remember to ask the helpline rep the most important questions.

Step 3: When you call the number, you will most probably hear an automated greeting. Select the appropriate options (language, location, etc.) so that your call is routed to the most appropriate helpline representative.

Step 4: Speak clearly with the counselor and answer all questions honestly. Here's a list of possible questions you can ask a substance abuse helpline representative:

- What are the inpatient and outpatient addiction treatment options available to me?
- How long with detox, withdrawal, and rehabilitation for addiction take?
- How much will the rehab cost?
- Are there rehabilitation facilities close to me?
- Will my insurance pay for addiction treatment?
- How can I find a reputable rehab center in my area?
- What are the free substance abuse recovery resources in my area?
- How can I help a loved one with addiction problems?

Open Access Journals - Most scientific journals require expensive subscriptions, so don't miss out on these opportunities to read the latest research for free from these high-quality open access journals.

- ***Addiction Science & Clinical Practice***

Publisher: BioMed Central

From one of the largest open-access publishers, BioMed Central, this online journal provides a steady stream of relevant research into treating drug and behavioral addictions.

- ***Heroin Addiction and Related Clinical Problems***

Publisher: European Opiate Addiction Treatment Association

If you work with people suffering from heroin or prescription drug addictions, then this peer-reviewed journal is essential reading. It covers the latest research and opinions on opiate addiction from around the world.

- ***Current Addiction Reports***

Publisher: Springer

Reviewing the latest scientific research on both drug and behavioral addictions, this journal puts its current issue free online to help addiction professionals keep up-to-date.

- ***Addiction Professional***

Publisher: Vendome

This trade publication specializes in the latest news on what's working and what's not in treating addictive disorders, and every issue is available free online.

OpenCourseWare - Our understanding of the psychology behind addiction is constantly changing, and there are no simple explanations. But you can be sure you are a well informed professional with these free online course materials from the world's best universities.

- **[The Psychology of Taste and Addiction](#)**

As part of a series of video lectures examining food, this fascinating lecture, part of a series, looks at the processes in the brain that lead to physical addictions.

<http://ocw.yale.edu/psychology/psyc-123/lecture-5>

- **[Drugs, Addiction & Mental Disorder](#)**

This series of podcasts is designed to introduce you to the scientific analysis of addiction, drug abuse, and associated mental disorders.

<https://podcast.ucsd.edu/podcasts/default.aspx?PodcastId=870&l=1&v=1>

- **[Adolescent Development and Alcohol Use](#)**

This presentation from the National Institutes of Health reviews the psychology behind adolescents' risk-taking and excessive alcohol consumption common.

<https://webmeeting.nih.gov/p95927495/?launcher=false&fcsContent=true&pbMode=normal>

- **[Drugs and the Brain](#)**

So many addiction disorders are linked to drug abuse; know the effects these various substances have on the brain with these concise presentations from MIT.

<http://ocw.mit.edu/courses/experimental-study-group/es-s10-drugs-and-the-brain-spring-2013/>

Research Organizations

With over 23 million Americans addicted to drugs or alcohol, [as reported by the U.S. government](#), addictive disorders are a serious public health concern. These research organizations are dedicated to finding new ways to improve treatment and prevent life-ruining addictions.

<https://www.nlm.nih.gov/medlineplus/magazine/issues/spring07/articles/spring07pg14-17.html>

- [**NIH: National Institute on Drug Abuse**](#)

From methamphetamines to prescription drugs, there is a growing drug abuse crisis in America. This federal agency aims to figure it out by dispersing millions of dollars in research funding.

<https://www.drugabuse.gov/>

- [**Institute for Substance Abuse Treatment Evaluation**](#)

With offices in Tennessee, this organization is an excellent example of a local research initiative to discover what addiction treatment programs are working, which ones are not, and why.

<http://www.isate.memphis.edu/>

- [**Center for Substance Abuse Research**](#)

Headquartered at the University of Maryland, this organization gathers data on addiction and researches the ways substance abuse harms individuals and communities.

<http://www.cesar.umd.edu/>

- [**Association of Medical Education and Research in Substance Abuse**](#)

AMERSA is a leading independent research organization based in Providence, RI dedicated to better educating medical professionals on drug abuse and implementing better prevention strategies

[.https://amersa.org/](https://amersa.org/)

Professional Organizations - As the scourge of drug and alcohol abuse continues to harm individuals and communities across the United States, there is a growing need for professional addiction treatment providers. These organizations serve those professionals.

- [**Society for the Study of Addiction**](#)

With two peer-reviewed journals, an annual symposium, and other conferences, this society is for addiction professionals across disciplines to come together and promote awareness.

<https://www.addiction-ssa.org/>

- [**The Association of Addiction Professionals**](#)

With over 75,000 members nationwide, this group provides addiction counselors and educators networking opportunities and access to additional training.

<http://www.naadac.org/>

- [**American Society of Addiction Medicine**](#)

With local chapters in around 16 states, this professional association of over 3,000 physicians is dedicated to improving addiction treatment.

<http://www.asam.org/>

- [**American Academy of Addiction Psychiatry**](#)

Serving the interests of physicians who treat addiction, the organization offers its members a subscription to its monthly journal, along with numerous conferences and educational events.

<http://www.aaap.org/>

Public Awareness Organizations - The U.S. government reports that while millions of Americans suffer from addiction disorders, only 11% of them receive treatment. That is why major awareness organizations like these are so critical in addressing addiction as a public health concern.

<http://thenationshealth.aphapublications.org/content/40/3/E11.full>

- [**Substance Abuse and Mental Health Services Administration**](#)

This federal agency within the U.S. Department of Health and Human Services commands a huge budget for preventing and treating substance abuse and addictions in the form of grants and funding for local initiatives. This organization uses its over three billion dollars annual budget to lead public mental health initiatives across the United States.

<http://www.samhsa.gov/>

- [**Drugfree.org**](#)

This nonprofit raises awareness, trains local professionals, and coordinates with community organizations to combat growing drug and alcohol addiction by teens in the United States

<http://www.drugfree.org/>