

Substance Use and Gambling Resources

This list is provided for informational purposes only. This is not intended to take the place of professional advice. Talk with your health care provider about any questions you may have about the information you find on this page. In an emergency, call 911 or go to your nearest emergency room.

Substance Use and Gambling Resources			
Name	Phone (if applicable)	Website	Description
Alcoholics Anonymous		Have a problem with alcohol? There is a solution. Alcoholics Anonymous (aa.org)	12-step program for those with a drinking problem. Downloadable app to locate meetings both in-person and virtually near you: Meeting Guide Alcoholics Anonymous (aa.org)
Al-Anon	888-4AL-ANON	Al-Anon Family Groups – Help and hope for families and friends of alcoholics	Al-Anon is a mutual support group for those who have a person with problem drinking in their lives. The “meetings” link will help you find an Al-Anon or Ala-Teen meeting
Narcotics Anonymous		NA	Narcotics Anonymous is a 12-step program for those with a substance use problem. Click on “for the public” to find a meeting near you.
Nar-Anon		Nar-Anon Family Groups	Nar-Anon is a 12-step program for those affected by someone’s addiction. Click “find a meeting” to get information on meetings near you.
Families Anonymous	800-736-9805	Home - Families Anonymous	A 12-step program for families and friends dealing with substance use and addiction in someone near to them.
Learn to Cope		Meetings - Learn to Cope (learn2cope.org)	Learn to Cope is a peer led network for families and friends of those with substance use disorders, offering support, education, and resources.
Gamblers Anonymous	909-931-9056	Gamblers Anonymous	Gambler’s Anonymous is for those with a gambling problem. Click on “locate a meeting near you” for meeting information.