

## **Below is not an exhaustive list of resources, but a great start!**

### **12-Step Recovery Groups and Beyond**

- [12 Steps \(12step.org\)](http://12step.org) Resources for all 12 step programs
- [Alcoholics Anonymous \(AA\) \(aa.org\)](http://aa.org)
- [Adult Children of Alcoholics \(ACA\) \(adultchild.org\)](http://adultchild.org)
- [Celebrate Recovery \(CA\) \(celebraterecovery.com\)](http://celebraterecovery.com)
- [Cocaine Anonymous \(CA\) \(ca.org\)](http://ca.org)
- [Crystal Meth Anonymous \(CMA\) \(crystalmeth.org\)](http://crystalmeth.org)
- [Food Addicts in Recovery Anonymous \(FA\) \(foodaddicts.org\)](http://foodaddicts.org)
- [Food Compulsions Anonymous \(foodcompulsions.wordpress.com\)](http://foodcompulsions.wordpress.com)
- [Gamblers Anonymous \(GA\) \(gamblersanonymous.org\)](http://gamblersanonymous.org)
- [LifeRing Secular Recovery \(lifering.org\)](http://lifering.org)
- [Lifted From The Rut Recovery Coaching \(www.LiftedFromTheRut.com\)](http://www.LiftedFromTheRut.com)
- [Marijuana Anonymous \(marijuana-anonymous.org\)](http://marijuana-anonymous.org)
- [Narcotics Anonymous \(NA\) \(na.org\)](http://na.org)
- [Nicotine Anonymous \(nicotine-anonymous.org\)](http://nicotine-anonymous.org)
- [Recovery Speakers \(recoverySpeakers.com\)](http://recoverySpeakers.com)
- [Sexaholics Anonymous \(sa.org\)](http://sa.org)
- [Sex and Love Addicts Anonymous \(SLAA\) \(slaafws.org\)](http://slaafws.org)
- [Smart Recovery \(smartrecovery.org\)](http://smartrecovery.org)
- [Women for Sobriety \(WFS\) \(womenforsobriety.org\)](http://womenforsobriety.org)
- [XA Speakers \(xa-speakers.org\)](http://xa-speakers.org)

### **Family & Friends of People with Substance Abuse Struggles**

- [Adultchildren.org \(adultchildren.org\)](http://adultchildren.org) Adult children of alcoholics and addicts.
- [Al-Anon.org \(al-anon.org\)](http://al-anon.org) Family members of alcoholics.
- [Coda.org \(coda.org\)](http://coda.org) Co-dependent individuals.
- [Gam-anon \(gam-anon.org\)](http://gam-anon.org) Family members of gamblers.
- [Hazeldon Betty Ford Children's Program \(hazeldenbettyford.org/kids\)](http://hazeldenbettyford.org/kids)
- [Nar-anon \(nar-anon.org\)](http://nar-anon.org) Family members of addicts.
- [S-Anon \(sanon.org\)](http://sanon.org) Family & Friends of Sexaholics

### **Government Agencies for Substance Abuse +**

- [National Institute of Alcohol Abuse and Alcoholism \(niaaa.nih.gov\)](http://niaaa.nih.gov)
- [National Institute of Drug Abuse \(nida.nih.gov\)](http://nida.nih.gov)
- [Substance Abuse & Mental Health Services Administration \(samhsa.gov\)](http://samhsa.gov)
- [Smoke Free \(smokefree.gov\)](http://smokefree.gov)
- [World Health Organization \(who.int/en/\)](http://who.int/en/)

**If you are struggling & need help navigating this world of addiction & recovery, reach out to:**



**Rob Lohman**

**Interventionist, Recovery Coach, and Recovery Advocate**

**Lifted From The Rut [www.LiftedFromTheRut.com](http://www.LiftedFromTheRut.com)**

**To schedule a 30 Connection call with Rob, go to**

**<http://bit.ly/ConnectWithRob>**