

## Helplines for Employees

**The following organizations and resources provide free, confidential assistance to individuals who have, or know someone who has, a problem with alcohol or other drugs.**

### **Substance Abuse Treatment Locator**

[www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov)

Phone: 1-800-662-HELP

This Substance Abuse and Mental Health Services Administration (SAMHSA) Web site and toll-free phone line help individuals locate drug and alcohol abuse treatment programs in their communities.

### **Al-Anon/Alateen**

Phone: (888) 4AL-ANON

[www.al-anon.alateen.org](http://www.al-anon.alateen.org)

Al-Anon provides information on the effects of alcohol abuse and refers friends and families of alcohol abusers to nearby support groups. Al-Anon's purpose is to help families and friends of alcoholics recover from the effects of living with the problem drinking of a relative or friend. Alateen is the organization's program for young people whose lives have been affected by someone else's drinking.

### **Alcoholics Anonymous (AA)**

Phone: (212) 870-3400

[www.aa.org](http://www.aa.org)

AA offers a way to stop drinking to individuals who feel they have a problem with alcohol. AA groups are located in most cities and rural communities throughout the country. Look up "Alcoholics Anonymous" in a local telephone directory for a contact in your area.

### **American Council on Alcoholism**

Phone: (800) 527-5344

[www.aca-usa.org](http://www.aca-usa.org)

This service provides referrals to alcoholism treatment programs nationwide and distributes written materials on alcohol abuse problems.

### **Cocaine Anonymous**

Phone: (800) 347-8998

[www.ca.org](http://www.ca.org)

Cocaine Anonymous provides support for people dependent on cocaine and other mind-altering substances. Callers are referred to local helplines.

### **Nar-Anon**

Phone: (800) 477-6291

[www.nar-anon.org](http://www.nar-anon.org)

This worldwide program provides support for friends and families of individuals with substance abuse problems.

### **Focus on Recovery Helpline**

Phone: (800) 234-0420

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

This helpline provides support and information for recovering drug addicts through referral to local helplines staffed by other recovering addicts.

### **National Council on Alcoholism and Drug Dependence Hopeline**

Phone: (800) NCA-CALL

[www.ncadd.org](http://www.ncadd.org)

This organization, a planning and oversight agency for public substance abuse treatment programs, provides written information on alcohol and drug abuse and referrals to treatment and counseling services nationwide.