

Where to find help

National Hotlines

If you or someone you know has a problem with alcohol or other drugs, call these hotlines for free, confidential help.

The Center for Substance Abuse Treatment (CSAT) Drug Information, Treatment, and Referral Hotline:

1-800-HELP

NarAnon

(310) 547-5800

Toughlove

1-800-333-1069

Families Anonymous

1-800-736-9805

Center for Disease Control's (CDC) National HIV/AIDS Hotline

1-800-342-2437

Parents Resource Institute for Drug-Free Education (PRIDE)

(404) 577-4500

Publications

The following list of readings can be ordered for free by calling the National Clearinghouse for Alcohol and Drug Information at 10800-729-6686:

Growing Up Drug Free: A Parent's Guide To Prevention

Helping Your Child Say No To Alcohol And Other Drugs (Bilingual)

Alcoholism Tends To Run In Families

What You Can Do About Drug Use In America (Bilingual)

How Getting High Can Get You AIDS

Ask for the telephone numbers of your State clearinghouse - the RADAR Network- from the National Clearinghouse for Alcohol and Drug Information.

More Information about alcohol and other drug abuse can be ordered for a fee from these publishers:

Hazelden Educational Materials: 1-800-328-9000

Health Communications: 1-800-851-9100

Parkside Publishing: 1-800-221-6364

Performance Resource Press: 1-800-453-7733

And also check your local library or bookstore.

Local Resources

Look in your local telephone book for these numbers:

- Alcoholics Anonymous
- Alateen (for children of the user)
- Al-Anon (for family members and friends)
- Adult Children of Alcoholics (ACOAs)
- Narcotics Anonymous
- Nar-Anon (for family members and friends)
- Drug Treatment Center
- Cancer Society
- Lung Association
- County or State Addiction or Mental Health Agency
- County/Victim/Mental Health Hotline
- Other ...