

Self Help Web Resources

<http://www.addictionsurvivors.org> -- Addiction Survivors provides online communities and peer support for individuals addicted to opiates, alcohol, benzodiazepines, and stimulants. These include forums for working the 12 Steps, support for family and friends, and support for individuals in medication assisted treatment and recovery.

<http://www.al-anon.alateen.org/> -- Al-Anon and Alateen are 12-Step programs that provide support for friends, family members, and children/young adults that have been impacted by an individual's alcoholism. This site provides resources, literature about the programs, and a meeting locator.

<http://www.aa-intergroup.org> -- Alcoholics Anonymous Online Intergroup allows you to search for local meetings, online meetings and forums, review AA literature, and search the events calendar.

<http://www.celebraterecovery.com/> -- Celebrate Recovery is a Christian centered, self-help recovery program. The website provides information on meeting locations, materials to start your own meetings, and explanation of the eight recovery principles that the program is centered on.

<http://www.med.wright.edu/citar/sardi/doda> -- Deaf off Drugs and Alcohol (DODA) is hosted by Wright State University in Dayton, Ohio and is funded by the Center for Substance Abuse Treatment. This program provides videophone and videoconferencing support and accept referrals from Kentucky. Some of the services that can be provided include: access to Deaf 12 step meetings online; assistance with accessing treatment services; and talking with people who know American Sign Language and are knowledgeable about addiction.

<http://draonline.org/> -- Dual Recovery Anonymous (DRA) provides information on DRA, which is an independent, 12-Step, self-help organization for individuals with a co-occurring substance use disorder as well as another mental health disorder. The site provides information on how to find a meeting, how to start your own meeting, and resources you may download.

<http://area26.net/Meetings/meetings.html> -- Kentucky Committee of Alcoholics Anonymous, Area 26, provides information about events, AA meeting locations in KY, AA literature, and brief reports.

<http://lifering.org> -- Life Ring provides information on the organization and philosophy of Life Ring, which is an independent, self-help program available to any individual with a drug addiction. The site also provides information on ordering literature, online meetings, and upcoming events.

http://nar-anon.org/Nar-Anon/Nar-Anon_Home.html -- Nar-Anon is a 12-Step program for the friends and family members of individuals who are dealing with addiction. This site provides literature about Nar-Anon, meeting locations, and information about upcoming events

<http://www.na.org/> -- Narcotics Anonymous World Services provides information about Narcotics Anonymous, how to find a meeting, literature that you can purchase, and reports you can review.

<http://www.smartrecovery.org/> -- Self Management and Recovery Training (SMART) provides information on their organization and offers free support groups to people who are seeking support to address any type of addictive behavior. The site also provides information about meetings, literature that can be purchased, and online tools.