

MENTAL HEALTH RESOURCES: SUBSTANCE ABUSE & ADDICTION

[CENTERS FOR DISEASE CONTROL AND PREVENTION \(SMOKEFREE.GOV\)](#)

Provides ideas about how to stop using tobacco. Includes downloadable resources and contacts for online and phone counseling.

[NATIONAL INSTITUTE ON ALCOHOL ABUSE AND ALCOHOLISM](#)

The lead agency in the United States for research on alcohol use disorders.

[NATIONAL INSTITUTE ON DRUG ABUSE](#)

Provides links to information for parents, teens, health professionals, teachers, and others about various substance use problems.

[DRUG SCREENING](#)

Drug screening site with a questionnaire to determine if you or someone you know may have a drug use problem.

[AL-ANON AND ALATEEN](#)

Provides information and support for the family members and friends of people with alcohol problems. Includes lists of meetings by location in the United States and Canada.

[NARCOTICS ANONYMOUS AND ALCOHOLICS ANONYMOUS](#)

Provides information, screening tools, and more resources on many types of anxiety disorders.

[START YOUR RECOVERY](#)

This resource works with experts in effectively treating substance use issues to offer people a single source of relatable, reliable information at any stage of recovery.

[NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.](#)

Information on local resources for getting help for a substance use concern, fact sheets, and further information for friends, family members, and youth on talking about substance use.

[SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION](#)

Information about substance use disorders for the public, families, health professionals, schools, and individuals. Includes a treatment finder to locate a substance use treatment provider near you.

[ALCOHOL SCREENING](#)

Screening site with a test to gauge your own or someone else's level of alcohol use. Includes advice about decreasing intake or getting professional help.