

SELF-HELP & TREATMENT RESOURCES

Alcohol and Other Drug Use

You do not have to face concerns about alcohol or drug use alone. Help is available, recovery is possible, and reaching out is a strong first step.

Need immediate support? Call or text 988. Veterans may call 988 and press 1, or text 838255. In a life-threatening emergency, call 911.

SAMHSA National Helpline

Free, confidential treatment referral and information for mental health and substance use concerns, available 24/7 in English and Spanish.

samhsa.gov/find-help/helplines | **1-800-662-HELP (4357)**

FindTreatment.gov

Search confidentially for treatment facilities and programs for substance use and mental health needs across the United States.

[FindTreatment.gov](https://findtreatment.gov)

Alcoholics Anonymous (AA)

Peer support and local or online meetings for people seeking help with alcohol use.

aa.org

Narcotics Anonymous (NA)

Peer support and meeting information for people seeking recovery from drug addiction.

na.org

SMART Recovery

Free mutual-support meetings and practical tools for changing addictive behaviors, including alcohol and drug use.

smartrecovery.org

NAMI

Education and support for people experiencing both mental health and substance use concerns, as well as their families.

nami.org

HelpGuide.org

Plain-language information about addiction, treatment choices, recovery, relapse prevention, and supporting a loved one.

helpguide.org

OK2TALK

A moderated online community where teens and young adults can share experiences related to mental health and recovery.

ok2talk.org

START WITH ONE STEP

Talk with someone you trust, contact a support line, attend a meeting, or schedule a professional consultation. Choose the next step that feels manageable today.

Counseling & Testing Center

Bell Hall, Suite 123 | 269-471-3470
andrews.edu/ctcenter | [Register for CTC Services](#)

Student & Campus Life

Campus Center, Main Floor | 269-471-3215
slife@andrews.edu | andrews.edu/life