



## Mutual Help Group Websites

### Alcoholics Anonymous

- 12-Step support group for persons with alcohol addiction.
- [www.aa.org](http://www.aa.org)

### Narcotics Anonymous

- 12-Step support group for persons with drug addiction.
- [www.na.org](http://www.na.org)

### SMART Recovery

- REBT based support group for persons with substance use issues.
- [www.smartrecovery.org](http://www.smartrecovery.org)

### Al Anon

- For families and loved ones of addicted persons.
- <http://www.al-anon.org>

### Overeaters Anonymous

- 12-Step program for individuals with eating concerns.
- <http://www.oa.org/>