**National and Local Resources to Help with Alcohol Abuse and Alcoholism**

NIAAA’s online guide ***Treatment for Alcohol Problems: Finding and Getting Help*** is written for individuals, and their family and friends, who are looking for options to address alcohol problems. It is intended as a resource to understand what treatment choices are available and what to consider when selecting among them. <https://pubs.niaaa.nih.gov/publications/treatment/treatment.htm>

**Other resources:**

**National Institute on Alcohol Abuse and Alcoholism** [www.niaaa.nih.gov](http://www.niaaa.nih.gov)   
301–443–3860

**National Institute on Drug Abuse** [www.nida.nih.gov](http://www.nida.nih.gov)   
301–443–1124

**National Clearinghouse for Alcohol and Drug Information** [www.samhsa.gov](http://www.samhsa.gov)   
1–800–729–6686

**Substance Abuse Treatment Facility Locator** [www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov)   
1–800–662–HELP

**Alcoholics Anonymous (AA)** [www.aa.org](http://www.aa.org)   
212–870–3400 or check your local phone directory under “Alcoholism”

**Moderation Management** [www.moderation.org](http://www.moderation.org)  
212–871–0974

**Secular Organizations for Sobriety** [www.sossobriety.org](http://www.sossobriety.org)   
323–666–4295

**SMART Recovery** [www.smartrecovery.org](http://www.smartrecovery.org)   
440–951–5357

**Women for Sobriety** [www.womenforsobriety.org](http://www.womenforsobriety.org)   
215–536–8026

**Al-Anon Family Groups** [www.al-anon.alateen.org](http://www.al-anon.alateen.org)   
1–888–425–2666 for meetings

**Adult Children of Alcoholics**  [www.adultchildren.org](http://www.adultchildren.org)  
310–534–1815

**National and local resources to help with quitting smoking**

NCI’s [Smokefree.gov](http://www.smokefree.gov) offers science-driven tools, information, and support that has helped smokers quit. You will find state and national resources, free materials, and quitting advice from NCI.

Smokefree.gov was established by the [Tobacco Control Research Branch](https://cancercontrol.cancer.gov/brp/tcrb/) of NCI, a component of the National Institutes of Health, in collaboration with the Centers for Disease Control and Prevention and other organizations.

Publications available from the Smokefree.gov Web site include the following:

* [Clearing the Air: Quit Smoking Today](http://smokefree.gov/sites/default/files/pdf/clearing-the-air-accessible.pdf) for smokers interested in quitting.
* [Clear Horizons](https://smokefree.gov/sites/default/files/pdf/clear-horizons-accessible.pdf) for smokers over age 50.
* [Staying Smoke-Free for Good](https://smokefree.gov/stay-smokefree-good) for smokers who have recently quit.
* [Smoke-free](https://women.smokefree.gov/) for women, including pregnant women.
* [Smoke-free](https://espanol.smokefree.gov/) information in Spanish
* [Pathways to Freedom: Winning the Fight Against Tobacco](http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/pathways/index.htm) for African American smokers.

**NCI’s Smoking Quitline** at **1–877–44U–QUIT (1–877–448–7848)** offers a wide range of services, including individualized counseling, printed information, referrals to other resources, and recorded messages. Smoking cessation counselors are available to answer smoking-related questions in English or Spanish, Monday through Friday, 8:00 a.m. to 8:00 p.m., Eastern time. Smoking cessation counselors are also available through [LiveHelp](https://livehelp.cancer.gov), an online instant messaging service. LiveHelp is available Monday through Friday, 8:00 a.m. to 11:00 p.m., Eastern time.

Your state has a toll-free telephone quitline. Call **1–800–QUIT–NOW (1–800–784–8669)** to get one-on-one help with quitting, support and coping strategies, and referrals to resources and local cessation programs. The toll-free number routes callers to state-run quitlines, which provide free cessation assistance and resource information to all tobacco users in the United States. This initiative was created by the [Department of Health and Human Services](http://www.hhs.gov). For more information about quitlines, [speak to an expert](http://smokefree.gov/talk-to-an-expert) on the Smokefree.gov Web site.