

# LIFELINE – A SPECIAL CONFIDENTIAL SERVICE

→ Free, 24-hour hotline for anyone in suicidal crisis or emotional distress – 1-800-273-TALK (1-800-273-8255 )

<https://>

→ A confidential service for veterans, active military, and their families. By pressing “1” at the prompt after dialing the Lifeline toll-free number, individuals are connected to trained VA counselors



## **SAMHSA HOTLINES**

**Find Substance Abuse and Mental Health Services**  
<http://www.samhsa.gov/treatment>

**24/7 Treatment Referral Line**  
1-800-662-4357 (HELP)

**National Suicide Prevention Lifeline**  
1-800-273-TALK (8255)  
<http://www.suicidepreventionlifeline.org>

## **DIRECTORY OF THERAPISTS**

**American Association for Marriage and Family Therapy**  
Provides consumer information and a Therapist Locator Directory.  
<http://www.aamft.org>

## **MUTUAL-HELP PROGRAMS**

The support groups offered by the following organizations are not run by professional family therapists. However, they are free and they can be helpful to people with addictions and their family members.

**Adult Children of Alcoholics**  
<http://www.adultchildren.org>

**Al-Anon Family Groups**  
<http://www.al-anon.org>

**Alcoholics Anonymous**  
<http://www.aa.org>

**Co-Anon Family Groups**  
<http://www.co-anon.org>

**Co-Dependents Anonymous**  
<http://www.coda.org>

**Families Anonymous**  
<http://www.familiesanonymous.org>

**Nar-Anon Family Groups**  
<http://www.nar-anon.org>

**Narcotics Anonymous**  
<http://www.na.org>