

Resources for Family Members and Supporters

Addiction impacts the entire family unit. These resources teach loved ones how to set healthy boundaries, avoid enabling behaviors, and find their own emotional healing.

- **Al-Anon Family Groups & Alateen**

- **Website:** [Al-Anon Family Groups](#)
- **Telephone:** 1-888-425-2666 (Meeting Information Line)
- **Description:** A mutual support program for the parents, partners, and children of individuals struggling with an alcohol problem. **Alateen** is tailored specifically for younger teenagers impacted by a family member's drinking. [\[1, 2\]](#)

- **Nar-Anon Family Groups**

- **Website:** [Nar-Anon](#)
- **Telephone:** 1-800-477-6291
- **Description:** A 12-step program designed specifically for the friends and family of those struggling with drug addiction or chronic substance misuse. [\[1\]](#)

- **SMART Recovery Family & Friends**

- **Website:** [SMART Recovery Family Profile](#)
- **Telephone:** 440-951-5357
- **Description:** Uses secular, science-backed strategies based on Craft (Community Reinforcement and Family Training) principles to help loved ones communicate constructively and implement effective self-care. [\[1\]](#)

- **Partnership to End Addiction**

- **Website:** [Partnership to End Addiction](#)
- **Telephone:** Text JOIN to 55753 / Call 1-855-378-4373
- **Description:** Offers direct, personalized guidance to parents and caregivers navigating a child's substance use, including free access to specialized family support coaches and online text support.