



[Home](#) [Health](#) Substance abuse

Find help for substance abuse

Find emergency hotlines, counseling, and treatment options for help with substance abuse.

Emergency substance abuse hotline

For substance abuse treatment and mental health referrals, [contact the Substance Abuse and Mental Health Services Administration's \(SAMHSA\) National Helpline](#) at **1-800-662-HELP (4357)**.

Get help for substance abuse

Find substance abuse treatment resources

The Substance Abuse and Mental Health Services Administration offers these services to help with drug and alcohol abuse:

- [Search for a treatment facility near you.](#) Get help with problems related to substance abuse and addiction. Choose filters when you search for a facility to find various types of care, including inpatient, outpatient, and telehealth therapy options.
- The [Alcohol Treatment Navigator](#) explains how to choose among different treatment programs. And it offers advice on getting support for yourself or a loved one through the recovery process.
- [Find medication-assisted treatment \(MAT\).](#) This combines medications with counseling and behavioral therapies to treat substance use disorders.

Find support groups for substance abuse

Get help from local support groups and other services in your community.

| Name | Description |
|-----------------------------|---|
| Alcoholics Anonymous (A.A.) | Helps people who have had a drinking problem. Find a local meeting center or an online support group. |

| Name | Description |
|--------------------------|---|
| Al-Anon | Supports family members or friends of people with drinking problems. Find an Al-Anon meeting in your area. |
| Alateen | Part of Al-Anon and offers help for teens affected by someone else's alcoholism. |
| Narcotics Anonymous (NA) | Assists people who want to stop abusing prescription or illegal drugs. Find an NA meeting center, helpline, or online support group. |
| NAR-Anon | Supports people affected by someone using and abusing drugs. Search for a Nar-Anon meeting in your area. |
| SMART Recovery | Assists young people and adults with alcohol or other addictions through group therapy. Find SMART Recovery meetings in person or online. |

LAST UPDATED: December 2, 2024

SHARE THIS PAGE:



Have a question?

Ask a real person any government-related question for free. They will get you the answer or let you know where to find it.



[Call USAGov](#)

[All topics and services](#)

[About USAGov](#)

[Directory of U.S. government agencies and departments](#)

[Privacy and security policies](#)

[Accessibility policy](#)

[Branches of government](#)

[Report a website issue](#)

[Website usage data](#)

For federal agencies

For media

[Partner with us](#)

[USAGov Outreach](#)

[Read our blog](#)

[Feature articles](#)

USAGov Contact Center

Ask USA.gov a question at
1-844-USAGOV1 (1-844-872-4681)

USAGov is the official guide to government information and services

An official website of the [U.S. General Services Administration](#)

GSA accessibility support

GSA privacy policy

FOIA requests