If you’re struggling with substance use disorder, these are some resources that may offer support. They each take a different approach, and some may be more helpful than others, depending on what you’re looking for. In particular, some espouse a harm reduction approach, while others advocate for abstinence. This is by no means an exhaustive list—we recommend you take time to learn more about these organizations, and find out which are available in your area and might suit your needs.

If you have suggestions for other organizations that provide support to people with substance use disorders, get in touch!

1. The National Harm Reduction Coalition (see in particular, their Resource Center)
2. SMART Recovery
3. Urban Survivors Union - a national advocacy organization with regional chapters that also offers community and some resources
4. American Society of Addiction Medicine
5. Alcoholics Anonymous (AA) (emphasis on abstinence)
6. Narcotics Anonymous (NA) (emphasis on abstinence)
7. Never Use Alone phone line