

Self-Help Groups

Link to state and national self-help groups categorized by topic/issue below. Links are provided for informational purposes only and do not constitute an endorsement of any kind.

Alcohol

- [Alcoholics Anonymous - Connecticut](#)
- [Alcoholics Anonymous - World Services](#)
- [Connecticut Communities for Addiction Recovery](#)
- [Secular Organizations for Sobriety \(SOS\)](#)
- [Secular Organizations for Sobriety \(SOS\) - Connecticut](#)
- [Smart Recovery \(formerly known as Rational Recovery\)](#)
- [Women for Sobriety, Inc.](#)
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Alcohol - Family Members

- [Adult Children of Alcoholics - World Services](#)
- [Al-Anon Family Groups](#)
- [Al-Anon/Alateen Family Groups - Connecticut](#)
- [Alateen](#)
- [Families Anonymous](#)
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Child Abuse

- [National Center for Missing & Exploited Children](#)
- [Parents Anonymous](#)
- [Wheeler Clinic's Prevent Child Abuse Connecticut](#)
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Cocaine

- [Co-Anon Family Groups - For Friends and Family of Cocaine Addicts](#)
- [Cocaine Anonymous - Connecticut](#)
- [Cocaine Anonymous - World Services](#)
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Codependency

- [Co-Dependents Anonymous](#)
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Drug Abuse

- [Narcotics Anonymous - Connecticut](#)
- [Narcotics Anonymous - World Services](#)
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Drug Abuse - Family Members

- [Families Anonymous](#)

- ▶ [Nar-Anon World Services](#)
- ▶ [NarAnon - Connecticut](#)
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Dual Disorders

- ▶ [Dual Recovery Anonymous](#)
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Eating Disorders

- ▶ [Institute of Living - Eating Disorders Program](#)
- ▶ [National Association of Anorexia Nervosa and Associated Disorders](#)
- ▶ [Overeaters Anonymous](#)
- ▶ [Overeaters Anonymous - Connecticut](#)
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Gambling

- ▶ [Gam-Anon International](#)
- ▶ [Gamblers Anonymous - Connecticut](#)
- ▶ [Gamblers Anonymous - International Service Office](#)
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HIV / AIDS

- ▶ [AIDS Project Hartford](#)
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Marijuana

- ▶ [Marijuana Anonymous - Connecticut](#)
- ▶ [Marijuana Anonymous - World Services](#)
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Mental Health

- ▶ [Advocacy Unlimited](#)
- ▶ [Advocacy Unlimited – Warm Line](#)
- ▶ [Emotions Anonymous](#)
- ▶ [Families United for Children's Mental Health](#)
- ▶ [Mental Health Association of Connecticut](#)
- ▶ [National Alliance on Mental Illness](#)
- ▶ [National Alliance on Mental Illness - Connecticut](#)
- ▶ [National Mental Health Consumers' Self-Help Clearinghouse](#)
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Parenting

- ▶ [Circle of Parents](#)
- ▶ [Connecticut Parent Advocacy Center](#)
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[Divorce Care](#)

- [Grandparents as Parents Support Program - Connecticut Department of Social Services](#)
- [Parents Anonymous](#)
- [Wheeler Clinic's Prevent Child Abuse Connecticut](#)
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Self-Help Resources

- [Health Hotlines from the National Library of Medicine](#)
- [Infoline 2-1-1](#)
- [Reference Guide: Telephone Numbers and Website Directory](#)
- [Self-Help Directory - A Guide to Connecticut and National Groups](#)
- [Self-Help Group Sourcebook Online](#)
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Sexual Addiction

- [Co Sex and Love Addicts Anonymous \(COSLAA\)](#)
- [Sex Addicts Anonymous](#)
- [The Society For The Advancement Of Sexual Health \(SASH\)](#)
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Smoking/Nicotine

- [Mobilize Against Tobacco for Children's Health \(MATCH\) Coalition](#)
- [Nicotine Anonymous](#)
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Substance Abuse Recovery Advocacy

- [Faces & Voices of Recovery](#)
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Suicide Survivors

- [American Association of Suicidology](#)
- [American Foundation for Suicide Prevention](#)
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