

Self Help Groups at MGH

Unfortunately, due to COVID precautions, none of these groups are currently meeting in person at the hospital. You can contact the groups below to learn about online meetings or other local in-person meetings.

Self-Help Groups

- **Alcoholics Anonymous:** 617-426-9444, www.aaboston.org
 - Offering in person and online meetings
- **Narcotics Anonymous:** 866-624-3578, www.nerna.org
 - Offering in person and online meetings
- **Smart Recovery:** 440-951-5357 Toll-free: 866-951-5357, www.smartrecovery.org
 - Meetings now online Tuesdays and Thursdays
- **The Addiction Recovery Management Service (ARMS):** 617-643-4699, www.massgeneral.org/psychiatry/treatments-and-services/addiction-recovery-management-service
 - Education Series meets on Zoom Thursdays 5:30-7:00 pm
 - Rolling 8 weeks program
- **Al-Anon:** 508-366-0556 www.ma-al-anon-alateen.org
- **MGH West End Clinic:** 617-726-2712, www.massgeneral.org/psychiatry/services/west_end_home.aspx
- **Massachusetts Substance Abuse Information & Education Helpline:** 800-327- 5050, www.helpline-online.com