

Substance Use Self-Help Groups

You may contact the groups below to learn about online meetings or local in-person meetings.

Self-Help Groups

Offering in-person and online meetings.

- **Alcoholics Anonymous:** 617-426-9444, aaboston.org
 - Peer support for those struggling with alcohol use.
- **Narcotics Anonymous:** 866-624-3578, nera.org
 - Peer support for those struggling with narcotic use.
- **Smart Recovery:** 440-951-5357 Toll-free: 866-951-5357, smartrecovery.org
 - Secular alternative to 12-step programs for those struggling with addictive behaviors.
- **Al-Anon:** 508-366-0556, al-anon.org/
 - Support for families and friends of those struggling with alcohol use.
- **Grief Recovery After a Substance Passing (GRASP):** grasphelp.org/
 - Support for those who lost a loved one to substance use.

Mass General Support Groups

- **MGH West End Clinic:** 617-726-2712, massgeneral.org/psychiatry/services/west_end_home.aspx
- **The Addiction Recovery Management Service (ARMS):** 617-643-4699, massgeneral.org/psychiatry/treatments-and-services/addiction-recovery-management-service
 - Offers a variety of support groups to teenagers and young adults.

Additional Support

- **Massachusetts Substance Abuse Information & Education Helpline:** 800-327- 5050, helpline-online.com
- **Massachusetts Behavioral Health Helpline:** 1-877-870-4673, masshelpline.com/
- **SAMHSA Helpline:** 1-800-662-4357, samhsa.gov/find-help/helplines/national-helpline