Mutual aid, also called self-help groups, play an important role in recovery from alcohol and drug addiction for millions of people. There are mutual support groups for persons with an alcohol and drug problem as well as for their families or significant others.

Mutual aid groups are nonprofessional and include members who share the same problem and voluntarily support one another. Mutual aid groups do not provide formal treatment but provide social, emotional and informational support focused on taking responsibility for their alcohol and drug problems and their sustained health, wellness, and recovery.

For some groups, meetings can be "**open**"- anyone can attend or "**closed**" - attendance is limited to people who want to stop drinking or using drugs.

The following represents only a partial list of some of the most widely available mutual aid/self help support groups:

Alcoholics Anonymous (AA) – www.aa.org

An international fellowship of men and women who come together to share their experience, strength and hope with the purpose of staying sober and helping other alcoholics to achieve sobriety. The only requirement for membership is a desire to stop drinking.

Alcoholicos Anonimos (AA) – www.aa.org/lang/sp/subpage.cfm

Alcoholics Anonymous' outreach and support for speakers of Spanish.

Al-Anon/ALATEEN – www.al-anon.alateen.org

Whether the person you are concerned about is still drinking or not, Al-Anon/Alateen offers hope and recovery to all people affected by the alcoholism of a loved one or friend. Support for friends and families.

Adult Children of Alcoholics (ACA) – www.adultchildren.org

Adult Children of Alcoholics is an anonymous Twelve Step for people who grew up in an alcoholic or otherwise dysfunctional home. We meet in a mutually respectful, safe environment and acknowledge our common experiences. We discover how childhood affected us in the past and influences us in the present.

Cocaine Anonymous (CA) – www.ca.org

A fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from their addiction; the primary purpose is to stay free from cocaine and all other mind-altering substances, and to help others achieve the same freedom.

Crystal Meth Anonymous – www.crystalmeth.org

Crystal Meth Anonymous is a fellowship of men and women who share their experience, strength and hope with each other, so they may solve their common problem and help others to recover from addiction to crystal meth. The only requirement for membership is a desire to stop using.

Dual Recovery Anonymous – www.draonline.org

An independent, twelve-step, self-help organization for people with a dual diagnosis of chemically dependence and an emotional or psychiatric illness. Dual Recovery addresses how both illnesses affect all areas of life.

Marijuana Anonymous (MA) – www.marijuana-anonymous.org

Marijuana Anonymous is a 12-Step fellowship that addresses the common problem of marijuana addiction. There are in-person and online meetings. The only requirement for membership is a desire to stop using marijuana.

Narcotics Anonymous (NA) – www.na.org

NA is a fellowship of men and women who come together for the purpose of sharing their recovery from drug abuse. NA members are working together in a spirit of unity and cooperation to carry their message of recovery. The only requirement for membership is the desire to stop using.

Nar-Anon Family Groups (Nar-Anon) – www.nar-anon.org

Nar-Anon is a twelve-step program designed to help relatives and friends of addicts recover from the effects of living with an addicted relative or friend.

Nicotine Anonymous – www.nicotine-anonymous.org

Nicotine Anonymous is a 12 Step Fellowship of people helping each other live nicotine-free lives. Nicotine Anonymous welcomes all those seeking freedom from nicotine addiction, including those using cessation programs and nicotine withdrawal aids.