

Patient Education

Social Work and Care Coordination



Helpful Resources for People with Drug or Alcohol Problems

This handout lists many resources for finding a program that may help you or a loved one. To learn more about treatment programs, funding, or how to confront drug or alcohol dependence, call Social Work and Care Coordination at 206-598-4370. Or, tell your nurse or other clinic staff that you would like to speak with a social worker.

All services listed in this handout are offered at no charge.

Alcohol/Drug 24-Hour Help Line

Seattle area: **206-722-3700**

Toll-free in Washington state: **800-562-1240**

Teens: **206-722-4222** or **877-345-TEEN**

Website: www.adhl.org

Websites for teens: www.theteenline.org

The Alcohol/Drug 24-Hour Help Line (ADHL) is confidential and toll-free. It provides help and guidance for people with alcohol and other drug-related problems. The ADHL is staffed and open 24 hours a day, 7 days a week. Staff members are trained in alcohol and drug crisis intervention. Staff will help with your needs, including financial, entrance into treatment facilities, or other referrals. The teen line is staffed by teens who can offer help and support.

Community Resources Online

Seattle area: **206-461-3200** (2-1-1 in King County only; 2-1-1 cannot be dialed from a cell phone)

Website: www.crisisclinic.org

The Community Information Line is answered by specialists who are trained to assess your situation and help you problem-solve. The line is open 8 a.m. to 8 p.m., 7 days a week. The person you talk with can help you find:

- Housing
- Emergency shelter
- Food
- Clothing
- Health care services
- Legal assistance

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- Financial assistance
- In-home care

The line also operates the Bed Bank, which tracks openings in shelters, and helps caregivers of people with a disability or illness.

Alcoholics Anonymous

206-587-2838

Website: www.seattleaa.org

Alcoholics Anonymous (AA) is a fellowship made up of people who want to share their experiences and help others recover from alcoholism. Meetings are held throughout the area, and include open and closed meetings. Relatives and friends who want to support and learn more may attend open meetings. Closed meetings are only for those who identify themselves as alcoholics. They include group discussions, time for questions, and an opportunity to be supported by other members.

Cocaine Anonymous

Seattle area: **425-244-1150** or **360-483-8888** Toll-free: **800-723-1923**

Website: www.caofwa.org or www.ca.org

Cocaine Anonymous supports people who want to stop using cocaine and all other mind-altering substances. Meetings on a variety of topics are held daily throughout the Seattle area. During meetings, members share their experiences to help themselves and others achieve and maintain sobriety. There are gender-specific meetings and general meetings for all.

Marijuana Anonymous

Seattle area: **206-414-9270**

Website: www.marijuana-anonymous.org

Marijuana Anonymous supports people who want to stop using marijuana. Marijuana Anonymous holds *open meetings* for anyone interested or wanting to support another, *closed meetings* for members only, and *gender-specific meetings* throughout the Seattle area. All meetings support the goal to share experiences and to help others recover.

Narcotics Anonymous

206-790-8888

Website: www.seattlena.org

Narcotics Anonymous (NA) is open to all drug users who want to stop using drugs, no matter what type or combination of drugs are being used. Members share their struggles with others who are going through similar

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

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battles to help themselves and others recover. NA does not employ professional counselors or therapists. The main goal of NA is to create an environment where people are able to stop using drugs and to help others do the same. They maintain a Seattle area 24-hour hotline, which offers support and guidance.

Adult Children of Alcoholics

Website: www.adultchildren.org

(Click on "Click Here" to access the worldwide listing of ACA meetings)

Adult Children of Alcoholics (ACA) is a recovery program for adults who grew up in alcoholic or otherwise dysfunctional homes. ACA holds group meetings to discuss how childhood affects both the past and the present. ACA also runs a 24-hour message line. Check their website for meetings in the Seattle area, and for contact information on specific meetings.

Al-Anon Alateen Information Service

206-625-0000

Website: www.seattle-al-anon.org

Al-Anon Alateen Information Service (AIS) runs a confidential toll-free 24-hour information line. AIS provides services and information for Al-Anon and Alateen groups throughout King County and South Snohomish County. Al-Anon and Alateen hold support groups for friends and relatives of alcoholics. Alateen groups are for teens only. All support groups carefully protect member privacy, including the identity of AA members.

Washington State Alcohol/Drug Help Line

Seattle area: 206-722-3700 Toll-free: 800-562-1240

Website: <http://clearinghouse.adhl.org>

The Washington State Alcohol/Drug Clearinghouse (WSADC) provides residents of Washington state with information on issues involving or relating to alcohol, tobacco, and other drugs.

As of June 30, 2011, WSADC lost its funding. But, the website still provides links to many helpful resources. WSADC hopes to maintain a digital library and urges website visitors to check back.

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