

Resources for Drug or Alcohol Problems

To help you or a loved one

This handout lists free resources in the Seattle area to help people who have drug or alcohol problems.

If you or your loved one is a patient at University of Washington Medical Center (UWMC), and you want to learn more about how to deal with drug or alcohol problems, we are here to help:

- Call Social Work and Care Coordination at 206.598.4370 (8.4370 from any UWMC phone).
- Or, tell your nurse or a staff member that you would like to talk with a social worker.



Talk with one of our social workers to learn more about programs in your local area.

Alcohol & Drug Help Line

www.adhl.org

206.722.3700

The Alcohol & Drug Help Line is staffed 24 hours a day. All calls are confidential. Staff members offer guidance and support for people with alcohol and drug problems. They are trained in crisis intervention. Staff can help with getting into treatment facilities or making other referrals. They also have resources for those with loved ones who are fighting addiction.

King County Substance Use Disorder Prevention and Treatment

206.263.8997 or (1)800.790.8049

King County Substance Use Disorder (SUD) Services partners with some private groups, other county departments, and the Washington State Division of Alcohol and Substance Abuse. Some services are run by King County. Others are community agencies. Together, they manage a system to help people with prevention, intervention, treatment, and recovery. They focus on supporting low-income residents of King County, but anyone may call for information.

Crisis Connections and Teen Link

www.crisisconnections.org

Crisis Connections (for adults): **211, 206.461.3200**, or **(1)866.427.4747**

Teen Link (for teens): **206.461.4922** or **(1)866.833.6546**

Crisis Connections and Teen Link are certified chemical dependency treatment services. The phone lines are staffed 24 hours a day. They help find services for people with substance abuse issues who are in crisis. Staff can also help someone get peer support, deal with emotional issues, and find resources for housing, food, clothing, transportation, and other basic needs. Crisis Connections is based in King County, but it serves all people.

Alcoholics Anonymous

www.seattleaa.org or *www.aa.org*

206.587.2838

Alcoholics Anonymous (AA) is a fellowship of people who have a drinking problem. AA meetings are held in many places in the Puget Sound area. Some meetings are open to everyone. Others may be only for people who identify themselves as alcoholics. Meetings include group sharing and support, and a time for questions. Relatives and friends who want to support or learn more may attend open meetings.

The AA phone line is staffed 24 hours a day.

Cocaine Anonymous

www.caofwa.org or *www.ca.org*

425.244.1150

Cocaine Anonymous (CA) supports people who want to stop using cocaine or other substances that affect the mind. Meetings are held every day. Members share their stories to help themselves and others get sober and stay sober. Meetings may be open, closed, or only for a certain gender. They may include group meditation or reading materials.

Marijuana Anonymous

www.madistrict4.org or *www.marijuana-anonymous.org*

206.414.9270

Marijuana Anonymous (MA) supports people who want to stop using marijuana. There are no dues or fees. To be a member, you must have an honest desire to work toward recovery. Like other groups, MA uses a 12-step approach to help with recovery. Members can attend meetings, online forums, speaker events, and book clubs.

Narcotics Anonymous

www.seattlena.org or *www.na.org*

206.790.8888 or **(1)855.464.7477**

Narcotics Anonymous (NA) is open to anyone who wants to stop using drugs, no matter what drugs they use. Members share their struggles with others who are going through similar battles. The goal is to help themselves and others recover. NA does not have counselors or therapists. Their main purpose is to create a place where people can stop using drugs and help others do the same.

The NA phone line is staffed 24 hours a day.

Adult Children of Alcoholics

www.adultchildren.org

Adult Children of Alcoholics (ACA) is a recovery program for adults who grew up in alcoholic or problem homes. ACA provides a safe place to talk about how childhood affects both the past and the present. Meetings encourage individuals to identify and heal core trauma, gain freedom from shame and abandonment, and become their own loving parents.

Al-Anon and Alateen

www.seattle-al-anon.org or *www.al-anon.org*

206.625.0000

Al-Anon and Alateen provide services and information for people who are worried about a loved one with a drinking problem. These support groups allow friends and family members to come together to share their stories, strength, and hope with each other. The goal is to help members solve their common problems and recover from the effects of a loved one's drinking. Alateen groups are for teenagers affected by an adult's alcoholism. All support groups carefully protect member privacy and the identity of AA members.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

UWMC Social Work and Care
Coordination: 206.598.4370