

Resources

In Community, we are supported, we are not alone, and we gain knowledge to help us cope.

- **Alcoholics Anonymous** is a worldwide fellowship for men and women for whom alcohol has become a problem.
- **Al-Anon** is a worldwide fellowship that offers a program of recovery for the family and friends of alcoholics; **Alateen** is for younger friends and family members of alcoholics.
- **Adult Children of Alcoholics (ACA or ACOA)** is a forum for individuals who want to heal from growing up with an alcoholic.
- **Narcotics Anonymous** is a worldwide fellowship for men and women for whom drugs have become a problem.
- **Nar-Anon** is a twelve-step program for friends and family members of those who are affected by someone else's addiction.
- **Overeaters Anonymous** is a worldwide fellowship for men and women for whom food has become a problem.
- **National Alliance on Mental Health (NAMI)** 1-800-950-NAMI (6264)
- **DOVE (Domestic Violence Ended)** is for survivors of domestic violence providing counseling, legal services, danger assessment and safety planning. Call 617-471-1234 (24 hours a day)
- **Suicidal thoughts:** Call police; Call a professional
- **Co-Dependents Anonymous** is a worldwide fellowship of men and women whose purpose is to develop healthy relationships.
- **NORCAP Lodge** is an alcohol & drug treatment center located at 71 Walnut St. Foxboro, MA 02035. Open 24 hours a day. Phone: 508-543-1873.

Resources Specific to Substance-Related Loss: Though it may feel like you are all alone, there are organizations and resources specifically designed for people who are grieving substance overdose deaths.

- **GRASP (Grief Recovery After Substance Passing)** is an organization designed to support those who are grieving an overdose death. GRASP has groups that meet across the country. You can look for a group near you on their website www.grasphelp.org
- **Broken No More** s online forums, articles, and resources for those grieving substance abuse deaths. They also work to change the stigma around addiction. It is a great organization to get involved with if you are looking to do some activism

around substance abuse and overdose. Visit their website at www.broken-no-more.org

- **Moms Tell** gives information about substance abuse treatment, recovery, education, and prevention. This website also explains and highlights legislation and policy issues related to substance abuse. It was founded by a group of moms who lost children to an overdose and has been active for 15 years. They can be found online at www.momstell.org
- **Al-anon** and **Nar-anon** are peer support groups for family members of those suffering from alcoholism or addiction. Though they are not grief groups, many people find support in these groups while a family member is struggling with addiction or following drug and alcohol addiction deaths. You can find them online at www.nar-anon.org and www.al-anon.alateen.org
- **What's Your Grief** is a grief and bereavement blog that has articles specifically related to substance-related losses, in addition to hundreds of general articles about grief and bereavement. They pride themselves on providing practical, concrete, and creative resources that real people can relate to. In addition to visiting their site at www.whatsyourgrief.com, you can always email them directly with your questions about grief at whatsyourgrief@gmail.com.

