**GET SUPPORT -- SUPPORT GROUPS, PEER SUPPORT, ONLINE SUPPORT**

We used to try to list meetings times and locations for teens, but we found that information changes so quickly - and with the Covid-19 crisis so many meetings have now closed - that it is now best to list the websites where current meetings can be found.

Today there are many different ways for your teen to participate in support groups, peer support and online support. Some searching is needed to find the right fit for each teen. Here are some of the options that teens and families report to us have been most helpful to them:

12-Step Meetings:

Search for “Young People’s” meetings (AA, NA, etc.) at organizations such as:

-- Salt River Intergroup. Go to [www.aaphoenix.org](http://www.aaphoenix.org)

-- [www.12stepnationalmeetings.com](http://www.12stepnationalmeetings.com)

-- Narcotics Anonymous. Go to [www.Arizona-na.org](http://www.Arizona-na.org)

-- [www.Marijuana-anonymous.org](http://www.Marijuana-anonymous.org) Marijuana Anonymous

-- [www.caarizona.org](http://www.caarizona.org) Cocaine Anonymous

-- [www.alcohol.org](http://www.alcohol.org)

-- SMART Recovery – Substance abuse support groups from a non-12-Step perspective.

[www.Smartrecovery.org](http://www.Smartrecovery.org)

And consider:

[www.TeenHelp.org](http://www.TeenHelp.org) -- Online help of every fashion- Blogs, chat rooms, live help, Support

Forums, volunteering, etc

teentribe – [www.therapytribe.com](http://www.therapytribe.com) free online teen support groups -- look under “support

groups” and then “addictiontribe”

Teen Lifeline (602) 248-TEEN(8336). 24-hour phone support includes suicide prevention.

And consider:

Call 2-1-1 Arizona for a broad range of resources.

Open Hearts Family Wellness - “family-centered services for youth ages 2-17” accepts

AHCCCS and private insurance (602) 285-5550

Terros – substance abuse counseling, AHCCCS and private insurance (602) 685-6000

NotMYkid -- numerous programs and life-skills training for teens -- (602) 652-0163

Project Rewind has been excellent for many teens.