

Salt Lake County Area
Alcohol & Substance Abuse,
Al-Anon/Alateen
Support Groups Resource List



Phone: 2-1-1 Website: www.211ut.org Fax: 801-736-7800

For meeting times and locations of the following support groups, please visit the agency's website or call the number provided.

ADULT CHILDREN OF ALCOHOLICS

www.AcoA@utin.org

801-583-6855

Adult Children of Alcoholics is a 12-step program for women and men who grew up in alcoholic or otherwise dysfunctional homes.

AL-ANON/ALATEEN

www.utah-alanon.org

801-262-9587

Al-Anon is a 12-step program for family and friends of alcoholics. Meetings give participants the opportunity to share experiences and solve common problems. Alateen is part of the Al-Anon program for young people who are friends or relatives of an alcoholic.

ALCOHOLICS ANONYMOUS

www.saltlakeaa.org

801-484-7871

Alcoholics Anonymous is a 12-step program for men and women who desire to stop drinking. In meetings, participants share experiences, strength, and hope to solve their common problem and also help others recover from alcoholism.

COCAINE ANONYMOUS

www.caofutah.com

801-493-7879

Cocaine Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other, that they may solve their common problem and help others to recover from their addiction.

CO-DEPENDENTS ANONYMOUS

www.codependents.org

801-519-9580

Co-Dependents Anonymous (CoDA) is a fellowship of men and women whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and loving relationships.

CRYSTAL METH ANONYMOUS

www.crystalmeth.org

801-485-4451

Crystal Meth Anonymous is a fellowship of men and women for whom drugs, especially crystal meth, have become a major problem. Recovering addicts meet regularly to help each other stay clean. No restrictions on meetings, but participants must have a desire to stop using.

FAMILIES ANONYMOUS

www.familiesanonymous.org

801-566-9399

Families Anonymous is a 12-step support group for family members or friends of those with substance abuse problems or related behavioral problems.

INSIGHT PROGRAM

www.slc.k12.ut.us

801-578-8432

The Insight Program provides support/education for families of children who have violated Salt Lake City School District's drug and alcohol policy as well as those referred for anger management issues. School and self referrals are accepted.

INTERIM GROUP SERVICES

<http://medicine.utah.edu/ars/services/interimGroup.htm>

801-532-1850 ext. 3

A University of Utah Assessment and Referral program which provides support and guidance to individuals as they prepare to enter substance abuse treatment and are waiting admission to a Salt Lake County substance abuse agency.

LIVING CLEAN AND SOBER

www.pridecounseling.tv

801-595-0666

Living Clean and Sober is a support group through Pride Counseling for gays and lesbians dealing with substance abuse issues. Intake appointment required.

MOTHERS AGAINST DRUNK DRIVING

www.madd.org

801-269-8645

MADD's mission is to stop drunk driving, support the victims of this violent crime, and prevent underage drinking.

NARCOTICS ANONYMOUS (UWANA)

www.UWANA.org

801-252-5326

Narcotics Anonymous is a society of men and women for whom drugs have become a major problem. Recovering addicts meet regularly to help each other stay clean. It is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using.

NICOTINE ANONYMOUS

www.nicotine-anonymous.org

801-725-3279

Nicotine Anonymous is a 12-step fellowship of men and women 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. The primary purpose of Nicotine Anonymous is to help all those who would like to cease using tobacco and nicotine products in any form.

Last Update: July 2010

Please visit www.211ut.org for the most current resource lists. If your cellular phone or office phone system does not recognize the 2-1-1 number, you can dial 1-888-826-9790 for the same free services.