

## Community Resources

Like other aspects of your life, you need help to beat alcoholism. This help is available through community resources. Most of these resources are free, and those that cost money are fairly priced. The most popular resources for families curbed with alcoholism include:

- [Al-anon and Alateen](#), Teen Corner, Alateen chat, and literature for teens.
- Al-Anon Information Services, 1-888-425-2666
- [Alcoholics Anonymous](#)
- [NACOA](#): Only the Just 4 Kids and Just 4 Teens sections have videos, information on Alateen, the 12 Steps for Kids, and the 7 Cs.
- [Narcotics Anonymous](#)
- [National Drug Abuse Hotline](#), 1-800-662-4357
- [Sesame Street in Communities](#): You will find help on the topic page of Parental Addiction. Here you can go through the available activities and pick the ones you like. Hazelden Betty Ford Organization created the activities in conjunction with Sesame Workshop for children ages 4-10.
- Youth Crisis Line, 1-800-448-4663