

## STATE WITHOUT STIGMA RESOURCES

- Massachusetts Substance Abuse Information and Education Helpline  
Free, confidential information and referrals for alcohol and drug problems  
1-800-327-5050 (TTY: 1-800-439-2370)  
<http://helpline-online.com/>
- State Without StigMA  
Keep updated about Governor Baker's Opioid Addiction Working Group; sign the pledge!  
<http://www.mass.gov/eohhs/gov/departments/dph/stop-addiction/state-without-stigma/>
- Learn to Cope: a peer-led support network for families dealing with addiction and recovery;  
<http://learn2cope.org/>
- Narcotics Anonymous: 1-866-624-3578  
New England Region of Narcotics Anonymous: <https://www.nerna.org/>  
Central Massachusetts: <http://www.centralmassna.org/>  
Pioneer Valley: <https://www.nerna.org/>  
Western Massachusetts: <http://www.wmacna.org/>
- Alcoholics Anonymous:  
Boston: 617-426-9444; <http://www.aaboston.org/>  
Worcester Area Intergroup: 508-752-9000; <http://www.aaworcester.org/>  
Western Mass Intergroup: 413-532-2111; <https://www.westernmassaa.org/>
- Al-Anon Family Groups: <http://www.al-anon.alateen.org/home>
- Smart Recovery: <http://www.smartrecovery.org/>
- Physicians Health Services: 781-434-74044;  
<http://www.massmed.org/phshome/#.WBduV00zWpo>
- Substance Abuse Rehabilitation Program (SARP): 617-973-0800  
<http://www.mass.gov/eohhs/gov/departments/dph/programs/hcq/dhpl/nursing/sarp/>
- Substance Abuse and Mental Health Services Administration (SAMHSA)  
Public health efforts to advance the behavioral health of the nation; reduce the impact of substance abuse and mental illness on America's communities;  
<http://www.samhsa.gov/>
- National Institute on Drug Abuse: <https://www.drugabuse.gov/>
- National Institute on Alcohol Abuse and Alcoholism (NIAAA): <https://www.niaaa.nih.gov/>
- Job Accommodation Network (JAN)  
A service provided by the U.S. Department of Labor's Office of Disability Employment Policy.  
JAN regarding Alcohol: <https://askjan.org/media/alco.htm>  
JAN regarding Drug Addiction: <https://askjan.org/media/drug.htm>