

alcohol

cocaine

heroin

marijuana

prescription drugs

co-occurring health conditions

faith-based

family- and friend-focused

gender-specific

individual-focused

medication-assisted

secular

youth-focused



Guide to  
**Mutual Aid**  
RESOURCES  
www.facesandvoicesofrecovery.org

**FIND A GROUP**  
OF  
PEOPLE WHO'VE BEEN THERE  
**AND CAN HELP**

**M**utual aid group members support one another by providing social, emotional, and informational support, face-to-face or online.

Millions of Americans know first-hand what scientific research shows—mutual aid groups can be an important part of your recovery process. Sometimes they are called self-help groups, but we prefer the term mutual aid because most people seeking help have exhausted efforts on their own to achieve long-term recovery.

Visit

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

and click on the *Guide to Mutual Aid Resources*

***A one-stop online kiosk***

Over 50 resources that can lead you  
to the help you need

*I found that [by] surrounding myself with others who had long-term recovery, I knew that road was possible for me.*

Kevin Young  
Trenton, Maine

## Faces & Voices of Recovery's Guide to Mutual Aid Resources

Looking for help from people who've been where you have and know what it means to follow a path to recovery? Don't know where to start? Want to talk with people your age? Your gender? Your faith? If you're ready to find out more about mutual aid, visit **The Guide to Mutual Aid Resources**.

The guide is the first place to stop when you are looking for the support group that matches your needs. It's not a national Yellow Pages for group meeting times and locations. National experts describe how mutual aid works and much more.

Reach out to one or more of the guide's 50 resources. They'll help you find or start a group in your own community or online—as a person seeking or in recovery or family member. A powerful search tool lets you select resources based on the type of mutual aid you're looking for. You'll find information about mutual aid groups organized by profession, alcohol or other drug, recovery pathway, and more.

**The Guide to Mutual Aid Resources** is a project of Faces & Voices of Recovery, a national nonprofit committed to organizing and mobilizing the millions of Americans in long-term recovery from addiction to alcohol and other drugs, our families, friends, and allies to speak with one voice.

*Sobriety and life are worth fighting for!*

Erin Bludworth  
Denver, Colorado

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