

NATIONAL RESOURCES

- **ALCOHOL, TOBACCO AND DRUGS**

Alcoholics Anonymous (AA)

(800) 835-1935

12-step fellowship group to assist alcoholics. Free of charge. To search for meetings by geographic area: www.aa.org/land/en/meeting_finder.cfm?origpage=29

Narcotics Anonymous (NA)

(888) 438-4673

www.na.org

Offers 12-step support groups for recovering drug addicts.

1-800-QUIT NOW

A free service to help people stop smoking or quit other forms of tobacco use.

Search for services in your geographic area through this link:

<http://1800quitnow.cancer.gov/services/asp>

- **DIABETES SUPPORT**

Defeat Diabetes Foundation (DDF)

www.defeatdiabetes.org

The Defeat Diabetes Foundation is a non-profit organization that has a variety of programs in all 50 states. The mission of the organization is the prevention, early identification, self management, and education about diabetes. Support and diabetes education groups are listed by county on this website.

American Diabetes Association

1-800-DIABETES

www.diabetes.org

Local community programs and events can be found through this website.

- **WEIGHT LOSS**

Weight Watchers

(800) 651-6000

www.weightwatchers.com

Weight Watchers provides an integrated approach emphasizing good eating choices, healthy habits, a supportive environment and exercise. Use the above link to find local meetings.

Overeaters Anonymous (OA)

(505) 891-2664

www.oa.org

OA offers a program of recovery from compulsive eating. Use the above link to find local meetings.

Food Addicts Anonymous (FAA)

(561) 967-3871

www.foodaddictsanonymous.org

FAA is a fellowship of men and women who are willing to recover from the disease of food addiction. The FAA program is based on the belief that food addiction is a bio-chemical disease.