

## Recovery Groups



Recovery groups, also called mutual aid groups, mutual help groups, or self-help groups, provide support to people seeking recovery or already in long-term recovery, along with their families and loved ones. Many of these groups meet in person or virtually, across the country. They are helpful resources that healthcare professionals can provide to patients with alcohol use disorder.



*Please be advised that these groups may not be available in all communities or locations. They may also operate differently in each community. It's best to become familiar with local groups and offerings before recommending a specific recovery group to patients.*

- [Alcoholics Anonymous \(AA\)](#): A fellowship of people who come together to solve their drinking problem. Membership is free and available to anyone who wants to do something about their drinking problem.
- [Al-Anon Family Groups](#): A group for family members or friends who are worried about someone with a drinking problem.
- [Celebrate Recovery](#): A faith-based, Christ-centered, 12-step program designed to help individuals overcome hurts, habits, and hang-ups.
- [Chemically Dependent Anonymous](#): A 12-step fellowship for anyone seeking freedom from alcohol addiction. The basis of the program is abstinence from all mood-changing and mind-altering chemicals, including street-type drugs, alcohol, and unnecessary medication.
- [Harm Reduction, Abstinence, and Moderation Support \(HAMS\)](#): A free-of-charge peer-led support group for people who want to change their relationship with alcohol, whether through harm reduction, moderation, or abstinence.
- [Harm Reduction Works \(HRW\)](#): A harm reduction-based alternative to abstinence-only self-help/mutual aid groups. For anyone who wants to know more about harm reduction and how it might help, for any reason regardless of their drinking history.
- [In The Rooms](#): A source of information, resources, tools, and community with the mission of helping individuals to get the support they need. Daily, online, live meetings as well as online chatrooms to talk and connect with others in recovery are available.
- [Jewish Alcoholics, Chemically Dependent Persons and Significant Others \(JACS\)](#): A mutual-help organization dedicated to encouraging and assisting Jewish individuals with alcohol use disorder, chemically dependent persons, and their families, friends, and associates to explore recovery in a nurturing Jewish environment.
- [LifeRing Secular Recovery](#): An abstinence-based, anonymous organization dedicated to providing a safe meeting space to experience a non-judgmental recovery conversation with peers. This is done through the lens of LifeRing's 3-S philosophy of Sobriety, Secularity, and Self-Help.
- [Medication-Assisted Recovery Anonymous \(MARA\)](#): A support group of people who believe in the value of medication as a means of recovery.
- [Moderation Management \(MM\)](#): A behavioral change program and national support network for people who are concerned about their drinking and desire to make positive lifestyle changes. MM empowers individuals to accept personal responsibility for choosing and maintaining their own path, whether moderation or abstinence.

## Recovery Groups Cont.

- [Narcotics Anonymous \(NA\)](#): A fellowship of individuals in recovery who utilize a 12-step program to help them recover from the disease of addiction. The focus is not centered around one specific substance.
- [Recovery Dharma](#): A trauma-informed, empowered approach to recovery based on Buddhist principles. The program is peer-led and nontheistic.
- [Recovering Mothers Anonymous](#): A fellowship of women, who are mothers, who share their experience, strength, and hope with each other that they may find self-forgiveness and help other mothers to recover from having the lived experience of using alcohol or other harmful substances while pregnant.
- [She Recovers](#): A non-profit movement dedicated to redefining recovery, inspiring hope, ending stigma, and empowering women in or seeking recovery to increase their recovery capital, heal themselves, and help other women to do the same.
- [SMART Recovery](#): An evidence-informed recovery method grounded in Rational Emotive Behavioral Therapy (REBT) and Cognitive Behavioral Therapy (CBT), that supports people with substance dependencies or problem behaviors.
- [The Daily Pledge](#): A free, online social community to interact with others who are establishing and sustaining lives and families free from addiction. The Daily Pledge provides healthy daily activities on the home page, which are viewable to all who might benefit from seeing others "recover out loud."
- [The Phoenix](#): A movement that builds on the power of community and belonging to change how society approaches addiction and recovery. Through hundreds of weekly sober events and activities, The Phoenix creates safe spaces for all individuals to connect, build friendships, find support, and have fun.
- [Wellbriety Movement](#): A culturally-based 12-step program for Native Americans and Indigenous people seeking healing from addiction and intergenerational trauma. It combines traditional healing practices with sobriety support.
- [Women for Sobriety \(WFS\)](#): The first peer-support program tailored specifically for women overcoming substance use disorders. WFS provides supportive, empowering, secular, and life-affirming principles that address the unique needs and challenges of women in recovery.
- [Yoga for 12-Step Recovery \(Y12\)](#): A holistic approach to recovery using the somatic approach of Yoga, the cognitive approach of recovery models, and the latest research in neuroscience and trauma healing.

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