

- [National Suicide Prevention Lifeline](https://suicidepreventionlifeline.org)
<https://suicidepreventionlifeline.org>
1-800-273-8255
- **Al-Anon Family Groups**
[Newcomers | Al-Anon Family Groups](https://al-anon.org/newcomers)
<https://al-anon.org/newcomers>
Al-Anon is a mutual **support** group. We can find understanding and **support** when we share our common experience with each other. Some of us are here because a spouse or partner has struggled with alcoholism. ... Many of us have had more than one alcoholic **family** member or friend. Alcoholism has
- [Al-Anon Family Groups | Information Service of Orange ...](https://www.ocalanon.org)
<https://www.ocalanon.org>
- [Alcoholics Anonymous](https://aa.org)
<https://aa.org>
This is the official Website of the General Service Office (G.S.O.) of **Alcoholics Anonymous**. Videos or graphic images may not be downloaded, copied or duplicated without the express written permission of **Alcoholics Anonymous** World Services, Inc.
- [Search | Find Domestic Violence and Abuse Shelters](https://www.domesticshelters.org/help)
<https://www.domesticshelters.org/help>
We've painstakingly verified information on **shelters** in LA to **shelters** in NY, and every domestic violence program in between. If you or a friend is suffering from physical **abuse**, emotional **abuse**, psychological **abuse** or verbal **abuse**, this free service can help. Select ...
- [Home - Nacoa](https://nacoa.org) National Association for Children of Addiction (NACoA)
<https://nacoa.org>
We are the **National Association for Children of Addiction** (NACoA) and our mission is to eliminate the adverse impact of **alcohol** and drug use on **children** and families. We envision a world in which no **child** who struggles because of **family addiction** will be left unsupported. We know you care as much as we do about helping the ones you love.
[Resources](#) · [Training](#) · [Programs](#) · [COA Awareness Week](#) · [Adult Children of Alcoholics](#) · [Just 4 Kids](#)
- **EMDR Therapy** — EMDR is a powerful and effective PTSD therapy that **helps the brain to reprocess past traumas differently**, relieving the PTSD sufferer from often

debilitating symptoms like flashbacks, nightmares and panic attacks. When a person experiences a traumatic event, it is sometimes too much for the brain to process normally. Appropriate for all the loss, grief, stress, depression, unresolved anxiety or other psychological concerns in your life.

Find a certified EMDR therapist worldwide at:

<https://www.emdria.org/general/custom.asp?page=findatherapistmain>