



MERIDIAN HEALTHCARE

ADDICTION

Online Resources for Substance Use Disorders, Addiction and Recovery

The stats are staggering; over [37 million Americans are current illegal drug users, and over 28 million Americans have an alcohol use disorder](#). Yet, many individuals with substance abuse disorders don't know where to turn for help.

If you're seeking a path to recovery, the internet can be a great place to start. That's why we've gathered a variety of trustworthy, useful online resources based upon a variety of addictions and disorders. Keep in mind that there's no substitute for in-person treatment, but these sites can provide a great deal of insight and comfort when seeking to make a change.



Substance Abuse Disorder and Mental Health Resources

The abuse of drugs, whether legal or illegal, causes changes in a person's brain structure and thought process. Eventually, intense drug cravings occur and friends or family begin to notice personality changes and other abnormal behaviors. Many times, even when someone is completely aware of the destruction their addiction is causing, they can't stop.

If you or someone you love are working through a substance abuse or mental health issue, here are two trusted sources that you can turn to for information:

National Institute of Mental Health

The National Institute of Mental Health's website has guides, brochures, and information on where to get help for a variety of mental illnesses, including substance abuse disorder.

U.S. Department of Veterans Affairs

The VA provides mental illness and addiction resources specifically targeted at veterans of the United States armed forces.



Alcohol Addiction Resources

Alcohol may be legal, but as the CDC notes, it's one of the leading causes of preventable death in the United States (causing an average of 380 deaths per day). These deaths most often involve men over the age of 35, but alcohol abuse can affect men and women of all ages.

Besides the long-term negative health effects of alcohol itself (such as diabetes, heart disease, digestive disease, and cancer), alcohol is also a contributing factor in violent behavior, domestic abuse, automobile crashes, and drownings. **If you are looking for resources for alcohol addiction, here are some places to start:**

[Alcoholics Anonymous](#)

This site provides articles, news, and in-person meeting locator for individuals suffering from alcohol abuse disorder, and their families.

[Online Intergroup of Alcoholics Anonymous](#)

Here you can find anonymous virtual meeting spaces for those suffering or recovering from alcohol addiction.

[Rethinking Drinking](#)

At Rethinking Drinking, you can find government-provided information about alcohol use from the National Institute on Alcohol Abuse and Alcoholism.



Marijuana Addiction Resources

According to the Centers for Disease Control, marijuana is the most commonly used federally illegal drug in the United States. As of 2019, 18% of the population – or 48 million people – used it at least once that year.

Marijuana Anonymous

Provides resources for individuals suffering from marijuana addiction.



Opioid Addiction Resources

Opioids are a broad category of drugs that include natural narcotics (like heroin), synthetic narcotics (like fentanyl), and semi-synthetic narcotics (like oxycodone). Opioid overdoses and deaths continue to rise in the United States, with between 70 and 80 percent of overdose deaths involving some form of opioid.

Since heroin is frequently taken intravenously, needle sharing also contributes to the spread of Hepatitis C and HIV/AIDS. While research suggests that the number of new opioid users is declining, abuse remains widespread. **Credible sources for opioid-related information include the following:**

[SAMHSA](#)

The Substance Abuse and Mental Health Services Administration provides an opioid treatment program directory.

[Medication Assisted Treatment Finder](#)

SAMHSA's online locator can help you find practitioners that are authorized to treat opioid dependence with medication assisted treatment.



Tobacco Addiction Resources

Tobacco use is still the leading cause of preventable disease and death in the United States. An estimated 30 million individuals in this country are current tobacco users: fourteen percent of the male population and 11 percent of the female population.

Smoke Free

This United States government resource provides support, tips and information about tobacco and vaping addiction.

Nicotine Anonymous

Nicotine Anonymous is a twelve-step program adapted from Alcoholics Anonymous to provide help for those with nicotine and tobacco addiction.



Methamphetamine Addiction Resources

The most common form of methamphetamine abuse in the United States is crystal meth, a man-made stimulant created from cold medicine containing pseudoephedrine. Since the United States government started monitoring this ingredient, most meth now enters the country from Mexico.

If you are looking for resources on crystal meth addiction, Crystal Meth Anonymous can provide some trusted insight.

Crystal Meth Anonymous

This site provides various resources on crystal meth addiction: where to find anonymous meetings, a help hotline, and information for family members also dealing with addiction.



MERIDIAN HEALTHCARE

ADDICTION

Start Your Path to Wellness

Online resources are a great place to start when working to overcome substance abuse disorders or addiction. In many cases, they help to build a level of comfort so that, eventually, you feel confident seeking in-person treatment and support.

When it's time to take the next step, contact Meridian HealthCare. Our addiction treatment specialists are ready to help you or your loved one take the next steps toward recovery.

Call Us Today At: 330-992-2493

DISCLAIMER: *The information provided is intended for educational purposes and is not medical advice. No information provided online by Meridian HealthCare is a replacement for medical advice, diagnosis, or treatment from a healthcare professional. No individuals, including active Meridian HealthCare patients, should use this information to diagnose or treat a suspected health condition. Always see your doctor regarding any medical conditions or before starting a new health regimen. Meridian HealthCare is not liable for any direct, indirect, or consequential harm arising therefrom.*

If you need immediate assistance or are in crisis, contact 911.