

Alcohol Resources



**Find answers and locate
treatment for individuals in need.**

Learn more at drugfreeCT.org



**Let's
#MentionPrevention**

Alcohol use affects the health of people of all ages. It creates health risks on its own and can make existing conditions worse. There are also many myths and misconceptions around alcohol use.

For these reasons, it's normal to have questions about alcohol. Here are trustworthy sources you can use to find answers.

■ 24/7 Crisis Services

- › 2-1-1 – 211ct.org or dial 2-1-1
- › CT Department of Mental Health and Addiction Services – ct.gov/dmhas or for access to substance use treatment, including detox and transportation, call the Access Line at 800-563-4086

■ Information and Prevention

- › Center on Addiction – alcoholscreening.org or text REDUCE to 55753
- › Centers for Disease Control and Prevention – cdc.gov/alcohol
- › Connecticut Clearinghouse – ctclearinghouse.org/topics/alcohol
- › DrugFreeCT – drugfreect.org
- › The Governor's Prevention Partnership – preventionworksct.org
- › National Institute on Alcohol Abuse and Alcoholism – rethinkingdrinking.niaaa.nih.gov

■ Support and Recovery

- › Alcoholics Anonymous – ct-aa.org
- › Connecticut Community for Addiction Recovery – ccar.us
- › Connecticut Recovery Oriented Support System for Youth (CROSS) – ctclearinghouse.org/cross
- › SMART Recovery CT – smartrecoveryct.org
- › TurningPointCT – turningpointct.org

■ Treatment

- › CT Department of Mental Health and Addiction Services – ct.gov/dmhas
- › National Institute on Alcohol Abuse and Alcoholism – alcoholtreatment.niaaa.nih.gov
- › Substance Abuse and Mental Health Services Administration – findtreatment.gov



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