

# THE BIG LIST OF 12-STEP RECOVERY PROGRAMS

## FREE PROGRAMS FOR SUPPORT & RECOVERY

Provided by Mentally Fit (<https://joinmentallyfit.com>)

### Drug and Alcohol Addiction

- Alcoholics Anonymous – <http://www.alcoholics-anonymous.org>
- Narcotics Anonymous – <http://www.na.org/>
- Cocaine Anonymous – <http://www.ca.org/>
- Nicotine Anonymous – <http://www.nicotine-anonymous.org/>
- All Addictions Anonymous – <http://www.alladdictionsanonymous.com/>
- Chemically Dependent Anonymous – <http://www.cdaweb.org/>
- Crystal Meth Anonymous – <http://www.crystalmeth.org/>
- Dual Diagnosis Anonymous – <http://www.ddaworldwide.org/>
- Dual Recovery Anonymous – <http://www.draonline.org/>
- Heroin Anonymous – <http://www.heroin-anonymous.org/>
- Marijuana Anonymous – <http://www.marijuana-anonymous.org/>
- Methadone Anonymous – <http://www.methadonesupport.org/>
- Pills Anonymous – <http://groups.msn.com/PillsAnonymous>
- Prescription Anonymous – <http://www.prescriptionanonymous.org/>
- Recoveries Anonymous – <http://www.r-a.org/>

### Eating Addictions

- Food Addicts Anonymous – <http://foodaddictsanonymous.org/>
- Food Addicts in Recovery Anonymous – <http://www.foodaddicts.org/>
- Overeaters Anonymous – <http://www.oa.org/>
- Anorexics and Bulimics Anonymous – <http://aba12steps.org/>
- Compulsive Eaters Anonymous – <http://www.ceahow.org/>
- Eating Disorders Anonymous – <http://www.eatingdisordersanonymous.org/>
- Overeaters Anonymous – <http://www.oa.org/>

### Support for Family Members

- Al-Anon/Alateen – <http://www.al-anon.alateen.org/>
- Adult Children of Alcoholics – <http://www.adultchildren.org/>
- Nar-Anon – <http://nar-anon.org/>



- Families Anonymous – <http://www.familiesanonymous.org/>
- Parents Anonymous – <http://www.parentsanonymous.org/>
- Co-Anon/ Cocaine Anonymous – <http://www.co-anon.org/>
- Co-Dependents Anonymous – <http://www.codependents.org/>

#### Illness Support

- Hepatitis C Anonymous – <http://www.hcvanonymous.com/>
- HIV AIDS Anonymous – <http://www.hivanonymous.com/>
- Schizophrenics Anonymous – <http://sanonymous.com/>

#### Gambling & Money Addiction

- Gamblers Anonymous – <http://www.gamblersanonymous.org/>
- Gamblers Anonymous – <http://www.gamblersanonymous.org/>
- Bettors Anonymous – <http://www.bettorsanonymous.org/>
- Debtors Anonymous – <http://debtorsanonymous.org/>
- Spenders Anonymous – <http://www.spenders.org/>

#### Addictive Behaviors

- Clutterers Anonymous – <http://www.clutterersanonymous.net/>
- Kleptomaniacs and Shoplifters Anonymous – <http://www.shopliftersanonymous.com/>
- Workaholics Anonymous – <http://www.workaholics-anonymous.org/>

#### Self Injury

- Self Mutilators Anonymous – <http://www.selfmutilatorsanonymous.org/>

#### Trauma

- Trauma Anonymous – <http://traumaanonymous.com/>

#### Emotional Wellbeing

- Emotions Anonymous – <http://www.emotionsanonymous.org/>

#### Sex, Love & Relationships

- AddictionsLove Addicts Anonymous – <http://www.loveaddicts.org/>
- Recovering Couples Anonymous – <http://www.recovering-couples.org/>
- Sex and Love Addicts Anonymous – <http://www.slaafws.org/>
- Sex Addicts Anonymous – <http://www.sexaa.org/>
- Sexaholics Anonymous – <http://www.sa.org>
- Sexual Compulsive Anonymous – <http://www.sca-recovery.org/>
- Sexual Recovery Anonymous – <http://sexualrecovery.org/>
- Survivors of Incest Anonymous – <http://www.siawso.org/>