

RESOURCES

WEBSITES

Al-Anon: <https://al-anon.org>
Alcoholics Anonymous: <https://aa.org>
Gamblers Anonymous: <http://www.gamblersanonymous.org/ga>
Internet Addiction: <https://netaddiction.com>
Narcotics Anonymous: <https://na.org>
Overeaters Anonymous: <https://oa.org>
Sex Addicts Anonymous: <https://saa-recovery.org>
Spenders Anonymous: <http://www.spenders.org>
Workaholics Anonymous: <https://workaholics-anonymous.org>
Substance Abuse and Mental Health Services Administration: <https://www.samhsa.gov>

ONLINE ARTICLES

7 Summit Pathways. (2020, March 31). *How to help someone dealing with addiction*.
<https://7summitpathways.com/blog/help-someone-with-addiction>

American Addiction Centers. (2021, February 8). *Behavioral addictions*.
<https://americanaddictioncenters.org/behavioral-addictions>

Heberling, B. (2021, April 6). *4 Tips on overcoming exercise addiction*. Recovery Warriors.
<https://www.recoverywarriors.com/4-tips-for-overcoming-exercise-addiction>


Mate, G. (2021, July 14). *Addiction*. Dr. Gabor Mate. <https://drgabormate.com/topic/addiction/#articles-interviews>

Psychology Today Staff. (2021, July 22). *What is Addiction?* Psychology Today.
<https://www.psychologytoday.com/us/basics/addiction>

University of Nevada, Reno. (2020, April 6.). *Work addiction: The impact of work addiction on well-being*. [infographic]. <https://onlinedegrees.unr.edu/blog/the-impact-of-work-addiction-on-family-life-and-mental-health>

VIDEO

Fowler, S. (2019, February 11). *Wasted: Exposing the family effect of addiction* [Video]. Ted.
https://www.ted.com/talks/sam_fowler_wasted_exposing_the_family_effect_of_addiction

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