

# Community Resources

## for Students in Recovery\*

### Allies and Families

#### Al-Anon

Support group for friends and families of problem drinkers. [al-anon.org](http://al-anon.org)

888.425.2666

#### Gam-Anon

12-step for those affected by the gambling problem of another. [gam-anon.org](http://gam-anon.org)

718.352.1671

#### Nar-Anon

12-step recovery for families and friends of addicts. [nar-anon.org](http://nar-anon.org)

800.477.6291

#### S-Anon

12-step recovery program to help those who have been affected by the sexual addiction of another. [sanon.org](http://sanon.org)

### General Support

#### Recover Me

Connects those in recovery with empowering, practical, and affirming resources to support their individual journey. [samhsa.gov/recoverme](http://samhsa.gov/recoverme)

#### Wellbriety Recovery Circles

Sobriety, recovery, addictions prevention and learning resources to the Native American/Alaska Native community. [whitebison.org](http://whitebison.org)  
877.871.1495

\*Inclusion on this list does not constitute endorsement by Fresno State or the Student Health and Counseling Center. There is no wrong door to recovery. Take what you need and leave the rest.

### Eating

#### Food Addicts in Recovery

##### Anonymous

Based on the 12-step AA program.

[foodaddicts.org](http://foodaddicts.org)

#### Overeaters Anonymous

Physical, emotional and spiritual recovery for those who suffer from compulsive eating. [oa.org](http://oa.org)

### Sex

#### Sexaholics Anonymous

12-step recovery program for those who want to stop their sexually self-destructive thinking and behavior. [safresno.org](http://safresno.org)  
559.221.4544

#### Sex Addicts Anonymous

12-steps for sex addicts. [saa-recovery.org](http://saa-recovery.org)

### Other Addictions

#### Dual Recovery Anonymous

12-step for dual diagnosis (chemically dependent and affected by an emotional or psychiatric illness) [draonline.org](http://draonline.org)

#### Gamblers Anonymous

12-step recovery program to recover from gambling problem. [gamblersanonymous.org](http://gamblersanonymous.org)

**Gaming Addicts Anonymous**  
[gamingaddictsanonymous.org](http://gamingaddictsanonymous.org)

### Drugs and Alcohol

#### Narcotics Anonymous (NA)

12-step program focusing on narcotics. [centralcalna.org](http://centralcalna.org)

#### Central Valley Celebrate

##### Recovery

A Christ-centered recovery program. [celebraterecovery.com](http://celebraterecovery.com)

#### Life-Ring Secular Recovery

Sober, secular and self-directed peer to peer support. [lifering.org](http://lifering.org)  
800.811.4142

#### Alcoholics Anonymous (AA)

12-step program focusing on alcoholic addiction. [fresnoaa.org](http://fresnoaa.org)

#### Young People in Recovery (YPR)

Opportunities for young people to learn how to have fun in sobriety. [youngpeopleinrecovery.org](http://youngpeopleinrecovery.org)

#### SMART Recovery

Self-led recovery for abstinence from any substance or behavior. [smartrecovery.org](http://smartrecovery.org)

**Fresno County Substance Use Disorder Services**  
[fresnocountyca.gov](http://fresnocountyca.gov)

**FRESNO STATE**

Student Health and Counseling Center  
A Department in the Division of Student Affairs and Enrollment Management