**Helpful Resources - MBA Program 5/4/2021**

Lawyers Concerned for Lawyers- [www.LCLMA.org](http://www.lclma.org)

We are the sole lawyer assistance program in Massachusetts. Our organization is exclusively dedicated to helping lawyers and law students respond positively to the many personal and professional issues of life in the legal profession.

Substance Abuse and Mental Health Services administration (SAMHSA)- [www.SAMHSA.gov](http://www.samhsa.gov) 1 (800) 662-HELP

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

Alcoholics Anonymous- [www.AABoston.org](http://www.aaboston.org)

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

Narcotics Anonymous- [www.NERNA.org](http://www.nerna.org)

NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using.

Alanon: www.alanonma.org

Al‑Anon is a mutual support program for people whose lives have been affected by someone else’s drinking. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help.

Partnership to End Addiction [www.drugfree.org](http://www.drugfree.org)

We provide personalized support and resources for families impacted by addiction, while mobilizing policymakers, researchers and health care professionals to more effectively address addiction systemically on a national scale.

**Other Fun Recovery Stuff:**

Boston Bulldogs Running Club-  www.BostonBulldogsRunning.com

A community of recovery, friendship, and support through wellness and self-leadership

Namastay Sober: [www.namastaysober.com](http://www.namastaysober.com)

Our mission is to aid those in recovery by reconnecting their bodies and minds through affordable yoga, fitness, meditation and wellness-focused community events.

The Phoenix www.thephoenix.org

Join a nationwide community where together we are stronger through sober activities and events. The cost of membership is 48 hours of sobriety.

**Suggested Books/Readings**

The Unexpected Joys of Being Sober, Catherine Gray

This Naked Mind, Annie Grace

We are the Luckiest: The Surprising Magic of a Sober Life, Laura McKowen

**Suggested Podcasts/Recordings**

Podcast: “Heart of the Matter”, Elizabeth Vargas

Ted Talk: “Everything you think you know about addiction is wrong”, Johann Hari, www.ted.com

Ted Talk: “Addiction is a disease.We should treat it like one.” Michael Botticelli, [www.ted.com](http://www.ted.com)

*\*There are MANY resources to help people seeking recovery, and countless websites, books, articles, and podcasts. This is not an exhaustive list, not are any of these resources endorsed by the presenters of this program. This is meant to be a helpful list to start you on your way, if you so desire.*