

# Addiction Support

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## *Al-Anon/Alateen Family Groups*

**801-393-2311**

There is a message of hope and help in the program of Al-Anon Family Groups. Women, men and children who were once lonely, lost and helpless because of someone's drinking, today have courage and confidence in themselves through Al-Anon and Alateen. They have discovered friends who understand, as few others can. They have found the tools to help themselves - which can indirectly help their alcoholic relatives or loved ones.

<http://utah-alanon.org/>

## *Center for Growth and Potential*

**801-773-0535**

The Center for Growth and Potential provides comprehensive services for children, adolescents, adults, and families. Our professionally trained and licensed staff are devoted to helping you manage life's difficulties and stress and learn healthy ways to process relationships and emotions. We help you understand yourself and others and thereby achieve optimal success. We help children and adolescents achieve success with their friends, families, and in school and sports. We are proud that for many years we have served our military personal and their families based in Utah. Our offices are located in Clearfield, and on Highland Drive in Salt Lake City, Utah.

<http://www.centerforgrowthandpotential.com/>

## *Encouraging Connections Counseling*

**801-721-9273**

Private practice in downtown Salt Lake City which provides counseling for individuals and couples with a variety of concerns including depression, anxiety, relationships, low self-esteem, pornography and sexual addictions.

<http://ludukecounseling.com/>

## *Northern Utah Counseling*

**801-779-0095**

We offer family therapy, couple therapy and individual therapy. We have group therapy for trauma and substance abuse treatment. We are able to work with most clients experiencing difficulties with depression, anxiety, childhood disorders, substance abuse issues, mood disorders, adjustment disorders, trauma, and personality disorders.

<http://www.nucounseling.com/>

## *National Institute on Drug Abuse (NIDA)*

**877-643-2644**

Our mission is to advance science on the causes and consequences of drug use and addiction and to apply that knowledge to improve individual and public health. This involves strategically supporting and conducting basic and clinical research on drug use (including nicotine), its consequences, and the underlying neurobiological, behavioral, and social mechanisms involved.

<https://www.drugabuse.gov/>

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## *Resolutions Counseling Center*

**801-298-5222**

Our treatment team actively and aggressively intervenes, as early as possible, against the physical, psychological, social, educational, and family crises experienced by individuals who are suffering from substance use or mental health disorders.

<http://www.resolutionsutah.com/>

## *Salt Lake Behavioral Health*

**801-264-6000**

Private freestanding psychiatric hospital specializing in mental health and substance abuse treatment. We provide a wide range of services and programs that offer evidence-based treatment proven to have positive outcomes for our patients.

<http://www.saltlakebehavioralhealth.com/>

## *Suncrest Counseling*

**801-255-1155**

Suncrest Counseling is here to help with compassionate, personalized care. We understand that your mental health is central to your wellbeing, and offer treatment for a wide variety of issues and for patients of all ages. Our team consists of a variety of mental health clinicians who come together to provide an environment that can support almost all of your mental health needs including; depression, anxiety, PTSD, addiction (substance abuse and pornography), grief counseling, child play therapy and more.

<http://www.suncrestcounseling.com/>