

change your narrative

Addiction Matters Resources

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Communities Which Offer Addiction Support

Addiction Center Support Groups

<https://www.addictioncenter.com/treatment/support-groups/>

Provides 24/7 access to support via hotline and pop-up chat options, which were present at the time of this writing. A library of resources available on their support page.

Smart Recovery

<https://www.smartrecovery.org/community/>

Offers a vast community of forum support.

Substance Abuse And Mental Health Services Administration

<https://www.samhsa.gov/find-help/national-helpline>

Website states they offer “free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

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The Tribe Wellness Community

<https://support.therapytribe.com/addiction-support-group/>

A subscription-based service of peer-to-peer support for individuals and their families.

To Write Love On Her Arms -

<https://twloha.com/find-help/>

Offers a search for free or low cost therapy options to connect with a therapist.

Lifeline Crisis Chat -

<https://www.contact-usa.org/chat.html>

Offers free, online chatting with trained individuals.

What Is Sex Addiction & What Recovery Options Are Available?

<https://www.smartrecoverytest.org/local/>

Provides an honest discussion about driving factors of addiction and what help is available, including online support groups.

Sex Addiction Treatment

<https://www.smartrecovery.org/sex-addiction/>

The American Addiction Centers offers a data heavy article on addiction facts—including what addiction is and isn't. As of this printing, website also offered a chat feature pop up that reached out for those seeking support.

American Addiction Centers

<https://americanaddictioncenters.org/sex-addiction>

Provides educational insight and treatment options.

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The Recovery Village

<https://www.therecoveryvillage.com/process-addiction/porn-addiction/treatment/#gref>

Offers therapy options for individuals and their loved ones.

Project Know

<https://www.projectknow.com/support-groups/>

Offers insight into a 12-step process. A pop-up box offering chat guidance was available at the time of this writing.

A Word About Changing The Narrative Of Addiction

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Resources For Addiction

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The Mindful Habit

<https://www.themindfulhabit.com>

Site offers a free, 1-hour masterclass training on “4 Transformational Shifts” to end addiction. Site also offers resources for wives whose spouses are addicted.

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I Feel Human Again

<https://www.youtube.com/watch?v=4ZtcbYGUwf8>

One young man's story of addiction and recovery.

Brain Heart World

<https://brainheartworld.org>

A 3-part documentary on the impact of pornography, including scientific research and stories from individuals whose relationships have been affected. Free to watch for individual viewers. Screening licenses available for organizations.

Escaping Porn Addiction TED Talk

<https://www.youtube.com/watch?v=dbYWKVAeu6Y>

One man's journey to recovery from sex addiction.

4 Ways Teen Girls Reject Porn

<https://www.protectyoungminds.org/2017/07/06/4-ways-to-help-girls-reject-porn/>

What It's Like To Be A Girl Addicted To Porn

<https://fightthenewdrug.org/to-be-a-girl-addicted-to-porn/>

Teenagers And Pornography Addiction: A Silent Epidemic

<https://www.counseling.org/docs/default-source/vistas/teenagers-and-pornography-addiction-treating-the-silent-epidemic.pdf?sfvrsn=8>

The American Counseling Association provides research on the topic from a clinical background.

Safeguarding Children From Pornographic Images

<https://www.focusonthefamily.ca/content/equipping-your-child-to-resist-pornography-2a622c0b-119e-4159-b181-c553fc2039d4>

Insight on how to equip pre-pubescent children to safeguard themselves from pornography.

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Students – How To Tell Your Parents About Your Struggle

<http://www.transformed4more.com/girls-ministry/tell-parents-struggle-porn/>

Youth Worker Resources To Help Students Battle Porn

<https://www.youthworker.com/articles/the-new-norm-ideas-for-helping-your-students-battle-porn/>

Ministry-Based Pornography Support Group Network

<https://harvestusa.org/get-help-for-yourself/>

Youth Ministry Families Pornography Resources

<https://youthministry.com/youth-ministry-families-and-internet-pornography/>

Battling Pornography Resources For Pastors

<https://www.preachitteachit.org/articles/detail/20-ministry-resources-to-help-pastors-fight-pornography/>

One Wife's Story Of Her Own Addiction

<https://harvestusa.org/welcoming-unexpected-pain-sexual-strugglers-in-your-life/#.XlaX1i3MzL8>

Teacher Strategies For Home And Classroom

<https://www.mercatornet.com/mobile/view/battling-pornography-strategies-for-home-and-the-classroom>

Media Smarts – Resources For Teachers

<https://mediasmarts.ca/pornography/resources-teachers-pornography>

Offers a collections of resources for teachers.

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Resources For Drug & Substance Abuse Addiction

How To Recognize A Substance Abuse Disorder

<https://www.drugabuse.gov/publications/step-by-step-guides-to-finding-treatment-drug-use-disorders/if-you-have-problem-drugs-adults/how-to-recognize-substance-use-disorder>

Insight into recognizing where you, or someone you care for, may be at and how to find treatment options.

Designing A Treatment Plan – What Does It Look Like?

<https://www.centeronaddiction.org/treatment/designing-addiction-treatment-plan>

Guide To Finding Quality Substance Abuse Treatment

<https://www.centeronaddiction.org/sites/default/files/Guide-to-finding-quality-addiction-treatment-2018.pdf>

Is Addiction A Brain Disease?

<https://www.health.harvard.edu/blog/is-addiction-a-brain-disease-201603119260>

A medical discussion on the ways a brain is affected by addiction—along with insight to reduce shame associated with it.

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Vaping: Why Its Addictive & Resources To Quit

<https://www.health.harvard.edu/blog/vaping-its-hard-to-quit-but-help-is-available-2019110118248>

Provides education on the addictive qualities of vaping—along with resources to quit.

Quit Vaping

<https://teen.smokefree.gov/quit-vaping>

Numerous articles on how to quit vaping, along with insight into the process, including understanding withdrawal, cravings, and triggers.

Puffing Away Sadness

<https://www.health.harvard.edu/blog/puffing-away-sadness-2020022418913>

Offers insight into the combination of smoking as a tool to reduce negative emotions.

What Is Addiction? Understanding Drug Abuse And Addiction

<https://americanaddictioncenters.org/rehab-guide/is-drug-addiction-a-disease>

Gives educational insight into the factors behind drug abuse and addiction. At the time of this printing, a chat box for immediate help was offered on the site.

Resources For Families Facing Alcohol And Other Drug Addiction

<https://www.hazeldenbettyford.org/addiction/help-for-families/family-toolkit>

Discusses how addiction is a family disease—and what to do inside of the roles individuals take when addiction hits home.

Addiction Treatment Resources For College Students

<https://www.staging.addictioncenter.com/college/treatment/>

A collaborative listing of a wide range resources options for students who face addiction.

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Substance Abuse Support For Families

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Insight into recognizing where you, or someone you care for, may be at and how to find treatment options.

Substance Abuse Guide For Teenagers

<https://www.drugabuse.gov/publications/step-by-step-guides-to-finding-treatment-drug-use-disorders/if-your-teen-or-young-adult-has-problem-drugs>

Substance Abuse Guide For Your Adult Loved One

<https://www.drugabuse.gov/publications/step-by-step-guides-to-finding-treatment-drug-use-disorders/if-your-adult-friend-or-loved-one-has-problem-drugs>

Both Guides offers a wealth of age-appropriate knowledge and links for family members.

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Substance Abuse Treatment Booklet For Families

<https://store.samhsa.gov/product/What-Is-Substance-Abuse-Treatment-A-Booklet-for-Families/SMA14-4126>

Provides a detailed, educational guide for families.

What Is Addiction? Understanding Drug Abuse And Addiction

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Addiction Resources for Parents

Navigating Porn Addiction – A Guide For Parents

<https://static1.squarespace.com/static/5146816de4b04055d30999b8/t/569a9724d8af100e85072fb2/1452971860313/Navigating+Pornography+Addiction-A+Guide+for+Parents.pdf>

Teenagers And Pornography Addiction: A Silent Epidemic

<https://www.counseling.org/docs/default-source/vistas/teenagers-and-pornography-addiction-treating-the-silent-epidemic.pdf?sfvrsn=8>

The American Counseling Association provides research from a clinical background.

Parents Of Teens Help Guide

<https://helpyourteennow.com/pornography-addiction-resources/>

A Plan For Discussing How To Avoid Porn

<https://pcsearle.com/how-does-a-sex-addiction-expert-teach-his-kids-to-avoid-porn/>

One parent and therapists plan of action for discussing important topics

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Good Pictures Bad Pictures

<https://www.protectyoungminds.org/books/>

Age appropriate children's books which teach pre-pubescent children (versions available for children 3-7 years old and 7-11 years old) how to safeguard themselves from pornographic images.

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