

# Resources & Supports for Affected Others

SUBSTANCE USE DISORDER NOT ONLY AFFECTS THE ONE WHO USES; IT CAN HAVE IMPACTS ON ALL THE MEMBERS OF THE FAMILY. THESE FAMILY MEMBERS ARE REFERRED TO AS "AFFECTED OTHERS." AFFECTED OTHERS CAN SUFFER PHYSICALLY, EMOTIONALLY AND SPIRITUALLY. LIVING WITH A SUBSTANCE USER CAN BE DIFFICULT AND UNPREDICTABLE; THERE ARE NO EASY ANSWERS FOR AFFECTED OTHERS. AFFECTED OTHERS OFTEN NEED SUPPORT AND TREATMENT TOO. HERE ARE SOME RESOURCES:

## Addict in the Family Support Group

- [info@thefamilyrestored.org](mailto:info@thefamilyrestored.org)
- <https://www.thefamilyrestored.org/our-programs/addict-in-the-family/>

## AL-ANON Family Group

- (207) 284-1844
- <https://sites.google.com/a/mainefafg.org/ais/Home>

## Crossroads

- (877) 978-1667
- <http://www.crossroadsme.org/>

## Day One

- (207) 767-0991
- <http://day-one.org/>

## Family Hope

- 207-396-4313
- [info@familyhopeme.org](mailto:info@familyhopeme.org)
- <http://familyhopeme.org/>

## Family Restored

- [info@thefamilyrestored.org](mailto:info@thefamilyrestored.org)
- <https://www.thefamilyrestored.org/>

## NAR-ANON Family Group

- <http://www.nar-anon.org/>

## Out of the Shadows

- (207) 439-1105
- [outoftheshadowscommunity@gmail.com](mailto:outoftheshadowscommunity@gmail.com)