

GENERAL AA/NA RESOURCES

THE BIG BOOK:

Alcoholics Anonymous, also known as the “Big Book,” presents the A.A. program for recovery from alcoholism. Published in 1939, its purpose was to show other alcoholics how the first 100 people of A.A. got sober. Now translated into over 70 languages, it is still considered A.A.’s basic text. Visit <https://www.aa.org/the-big-book> to learn more. To use a free version of the Big Book, download “Everything AA” from the App Store.

"EVERYTHING AA" APP:

Everything AA is a free app that you can download from the App Store.

- Listen to the Big Book
- Access the Big Book for free
- Find local meetings
- Track your sobriety
- Access AA pamphlets

1-800-662-HELP:

SAMHSA’s National Helpline, 1-800-662-HELP (4357) is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

NA RECOVERY LITERATURE:

Written by members, our literature offers identification and a message of hope to the still-suffering addict. The NA program is a way of life which is based in the Twelve Steps. The steps offer members an avenue for growth and change to maintain their recovery. You learn how to apply these steps to our lives by reading NA literature and going to meetings. Go to <https://www.na.org/?ID=literature> to learn more.



MEETINGS & SPONSORSHIP

LOCAL AA/NA MEETINGS AND RESOURCES:

- Visit <https://meetings.intherooms.com> and enter your city, state or zip code to find meetings near you. You can select locations, dates, or times that work best for you schedule to refine the search.
- Text 844-991-2962 with your zip code and a response will follow up with 5 of the closest 12-step meetings for that day!.

MEETING ETIQUETTE:

If you are new to attending 12-step meetings, it is helpful to understand the format and suggested proper etiquette in order to make this venture a positive one, help ease any discomfort of being new, and acclimate to the group more quickly.

- Arrive early, stay late
- Avoid "crosstalk" (when a person gives advice to others who have already shared their stories)
- Use "I" statements when speaking
- Limit side conversations
- Avoid "double dipping" (sharing more than once in one meeting)
- Be aware of how long you talk
- Avoid being on your phone
- Try to avoid leaving and re-entering the meeting.
- Respect the anonymity for others

HOW TO GET A SPONSOR?

AA says a sponsor is "An alcoholic who has made some progress in the recovery program shares that experience on a continuous, individual basis with another alcoholic who is attempting to attain or maintain sobriety through A.A.'AA recommends that the new person approach a more experienced member who seems compatible, and asks that member to be a sponsor. There are no rules, but A.A. recommends that a sponsor be a year or more in sobriety.



AFTER TREATMENT, WHAT'S NEXT?

TRANSPORTATION RESOURCES:

- <https://www.wegotransit.com/ride/maps-schedules/bus/>
- <https://www.primecarenashville.com>

LEGAL RESOURCES:

- <https://las.org>
- <https://www.countyoffice.org>
- <https://www.help4tn.org>

EDUCATION RESOURCES:

For resources about GED/HISET orientation, classes, examinations, and college prep courses, visit:

- <https://www.nashville.gov/departments/metro-action/community-programs/adult-education>

For resources about scholarships, visit:

- <https://www.helptostudy.com/scholarships-for-recovering-addicts/>

HEALTH RESOURCES:

- <https://interfaithdental.com/patients/https://faithmedical.org>
- <https://www.astepaheadmiddletn.org/get-care>
- <https://www.tn.gov/behavioral-health/bhsn.html>
- <https://siloamhealth.org>
- <https://www.neighborhoodhealthtn.org/for-patients>

EMPLOYMENT RESOURCES:

- <https://workforceessentials.com>
- <https://giveit2goodwill.org/center-locations>
- <https://www.jobs4tn.gov/vosnet/Default.aspx>

