















Self-Help for Addiction (Click icons to link to resources)

	Saying When	Help to moderate or quit drinking.	Free
 	BAC Cards	Figure out your blood alcohol level.	Free
 	Quit / Stop Drinking	Help with emotional craving.	\$2.99
	Recovery Key	Values driven way to control urges.	\$5.99
 	Cassava	Help maintaining recovery.	Free
	Livestrong: My Quit Coach	Support for quitting smoking.	Free
	Quit Now!	Support for quitting smoking.	Free
	Addiction Center	Addiction info & treatment center reviews	Free
	X3watch	Internet accountability software.	\$6.99
	K9 Web Protection	Browser that filters specified content.	\$0 - \$2
	What You Know about Addiction is Wrong	By Johann Hari	Free







KEY



App available for download from Google Play



App available for download from the Apple Store

-  YouTube video
-  Book
-  Ted Talk video
-  Website
-  MP3 file
-  Article can be downloaded as a PDF



Please note that while every effort has been made by CAPS to provide a list of helpful resources, we do not guarantee the effectiveness of the resources provided. Your discretion is advised.