

## 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



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