

## LINKS TO OUTSIDE SOURCES OF SELF-HELP

### **The Bacchus and Gamma Peer Education Network**

<http://www.bacchusgamma.org>

### **National Institute on Alcohol Abuse and Alcoholism**

<http://www.niaaa.nih.gov>

### **The Substance Abuse and Mental Health Services Administration**

<http://www.samhsa.gov>

### **Phoenix House**

<http://www.factsontap.org>

### **Other Links**

[www.fixnixer.com](http://www.fixnixer.com)

[Ping My Health](#) - Free online health assessment

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