

12 Step Fellowship Alternatives

Alcoholic Anonymous

<http://aa-intergroup.org/directory.php> Online meetings are held.

Emotions Anonymous Meetings online or phone

<https://emotionsanonymous.org/what-we-offer/find-a-meeting/phone-and-internet-meetings.html>

Narcotics Anonymous Helplines:

| | |
|---|---------------------|
| New Beginnings Area (Effingham, Charleston) | Phone: 800.539-0457 |
| Greater Illinois Region | Phone: 800.539-0475 |
| Living the Dream Area (Springfield, Jacksonville) | Phone: 800.539-0475 |
| Only One Promise Area (Decatur) | Phone: 800.539-0475 |
| Primary Purpose Area (Champaign, Urbana, Danville, Tilton) | Phone: 800.539-0475 |
| Lake Borderline Area | Phone: 708.848-4884 |
| Heart of IL Area (Peoria, Galesburg, Canton, Mapleton, Kewanee, Havana, Macomb) | Phone: 800.539-0475 |
| Quad Cities Area (Rock Island) | Phone: 800.897-6242 |
| Central Illinois Area | Phone: 800.539-0475 |
| Chicagoland Region | Phone: 708.848-4884 |
| Little Egypt Area (Carbondale, Centralia, Fairfield, Harrisburg, Mt Carmel, Mt Vernon, Salem, Sparta) | Phone: 618.322-3178 |
| Metro East Area (Edwardsville) | Phone: 618.398-9409 |
| Across The River Area (Olney, Harrisburg) | Phone: 877.642-5831 |
| Chicago Service Office | Phone: 708.450-1880 |
| Rock River Area (Rockford) | Phone: 815.964-5959 |

