YOU ARE WORTH RECOVERY.
YOU DON'T HAVE TO DO IT ALONE.
THERE IS SUPPORT FOR YOU.

Book now!
Scan the QR code with your smartphone to access our HPAC booking page!

RECOVERY RESOURCES
For AU Students & Community

Health Promotion & Advocacy Center
American University
On Campus

HEALTH PROMOTION AND ADVOCACY CENTER- HUGHES 105

- Alcohol and Drug Education & Intervention- get your questions answered!
- Referrals to off-campus and long-term services
- Recovery support for you or friends/family of those in recovery
- Relaxation/Self-Care Room during business hours
- Book an appointment with Yoo-Jin at www.auhpac.youcanbook.me

STUDENT HEALTH CENTER

- Taking care of your physical health is also important! Recovery is a mind-body-spirit task!
- Schedule an appointment with a campus medical provider!
- While you’re there, you can also check out other services like STI testing!

STUDENT INVOLVEMENT & BUILDING COMMUNITY

- Explore all of the student groups and organizations on campus!
  - american.campuslabs.com/engage
  - Meeting friends in a recovery-safe setting can be incredibly rewarding.
- Reach out to student leaders, visit their events, and don’t be afraid to be clear about your questions about whether the organization can support a recovery-friendly space (events without substances, group spaces without body shaming/diet talk)
- If you’d like to start a recovery group on campus- email Yoo-Jin Kang, Coordinator for Alcohol and Other Drugs Initiatives (she/her/hers) at ykang@american.edu

THE COUNSELING CENTER

- Substance use among other things, doesn’t exist in a vacuum.
- Visit our counseling center for free time-limited therapy and unlimited group therapy.
- The Clinical case manager can help connect you to long-term referrals and off-campus providers!

Recovery can look like...

- Seeking help if I have a harmful habit, addiction or may need help.
- Having conversations with friends and roommates about boundaries surrounding alcohol, drugs, food, etc. in shared spaces or when hanging out.
- Finding a community with other people in recovery
- Many steps, setbacks, lessons, and trying again.
- Choosing yourself. Prioritizing your health and happiness.

Off-Campus

12-STEP MEETINGS

- DC Young People AA- Mondays 8:00 PM
  - Augustana Lutheran Church
    - 2100 New Hampshire Ave NW
- Queer Women’s Meeting AA Fridays 7:15 PM
  - St. Mary's Church
    - 728 23rd Street NW
- Gay Men’s Meeting AA Fridays 8:30 PM
  - St. Mary's Church
    - 728 23rd Street NW
- Nuts and Bolts AA Sundays 8 pm
  - 3401 Nebraska Ave NW
- Footsteps NA Sundays 8:00 PM
- Grace Episcopal Church
  - 1041 Wisconsin Ave NW
- Gratitude AA Wednesdays 8:30 PM
  - Dupont Circle Club
    - 1623 Connecticut Ave NW

OTHER MEETINGS & RESOURCES

- The Sobriety Collective
  - thesobrietycollective.com
- SMART Recovery
  - smartrecovery.org
- Eating Disorders Hope
  - EatingDisorderHope.org
- Collegiate Recovery Resources
  - collegiaterecoveryresources.org

RESIDENTIAL & TREATMENT

- The Body Image Therapy Center- (877) 674-2843
- The Dorm- (877) 996-2326
- Tenley Recovery- (202) 643-9329