If you have found evidence or suspect someone close to you may have a drug problem, we at Narateen know how you feel. We remember feeling alone, scared, and confused when we discovered a friend or family member was involved with drugs. We understand as few others do.

For a while, some of us tried to ignore our suspicions. We were too afraid to ask questions because of what might happen if we did. As the situation got worse, we became more frantic. Our attempts to help did not seem to make things any better. We grew more upset and desperate.

By coming to Narateen meetings, we learn drug addiction is a disease. It is not our fault our friends or relatives became addicts. We are not responsible for their actions. Addicts need help and so do we. For the addicts seeking help, drug recovery programs are available. However, Narateen is designed for us – the teenaged brother, sister, child, or friend of an addict.

Weekly Narateen meetings are held throughout the year. We encourage you to attend our meetings. As this is an anonymous program, we use our first names only. There are no dues, fees, or obligations for you to attend. You will not be forced to speak, but you can ask questions after the meeting.

We understand how you feel. It is a great relief to learn there are more effective ways to cope with this disease. We are no longer alone.

A Narateen meeting is held every

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For questions about Narateen or to start your own group contact:

VISION STATEMENT

We will carry the message of hope throughout the world to those affected by the addiction of someone near to them.

We do this by:

- Letting them know they are no longer alone;
- Practicing the Twelve Steps of Nar-Anon;
- Encouraging growth through service;
- Making information available through Public Information, Hospitals and Institutions, and websites; and
- Changing our own attitudes.

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TO THE CONCERNED TEENAGED FAMILY MEMBER OR FRIEND

If you have found evidence or suspect someone close to you may have a drug problem, we at Narateen know how you feel.

Narateen can help!

Narateen is a twelve step program for teenaged family members and friends of addicts.