

# Resources

- echeckup to go
  - A confidential assessment of your drinking
  - <https://interwork.sdsu.edu/echeckup/usa/alc/coll/index.php?id=wayne>
- Wayne State University Counseling and Psychological Services (CAPS)
  - Free and confidential
  - 552 Student Center Building, Detroit, MI 48202 | 313-577-3398 | Crisis/information line (nights/weekends/university closures): 313-577-9982
  - <https://caps.wayne.edu>
- Alcoholics Anonymous (AA) of Southeast Michigan
  - <https://aa-semi.org>
- SAMHSA's National Helpline
  - Confidential, provides local resources
  - **1-800-662-HELP (4357)**
- NIAAA Alcohol Treatment Navigator
  - <https://alcoholtreatment.niaaa.nih.gov/how-to-find-alcohol-treatment>