TN TOGETHER
ENDING THE OPIOID CRISIS
A comprehensive plan and set of resources from the State of Tennessee to address the opioid crisis.
Visit: www.tn.gov/opioids.html

GET HELP
Tennessee REDLINE
1.800.899.9789

LOCATIONS & HOURS

Main Library
433 East Lafayette St.
Jackson, TN 38301
Mon. - Thu.: 10 am - 8 pm
Fri. & Sat.: 10 am - 5 pm

North Branch
8 Stonebridge Blvd.
Jackson, TN 38305
(Located beside China Pan Buffet)
Tues. - Fri.: 9 am - 6 pm
Sat.: 9 am - 1 pm

CONTACT US
731-425-8600
*For Both Locations
www.jmclibrary.org

Addiction & Recovery Pathfinder
A listing of books and resources available at the Jackson-Madison County Library

TAADAS Tennessee Redline: 800-889-9789
TN Dept. of Mental Health & Substance Abuse Services Crisis Line: 855-274-7471
Aspell Recovery: 731-427-7238
Cumberland Heights: 731-660-2790
Quinco Counseling Center: 731-664-2083
Behavioral Health Group: 731-660-0880
Alcoholics Anonymous: 877-426-8330
Narcotics Anonymous: 866-790-9010
AL-Anon / Alateen: 800-344-2666
Jackson-Madison County Regional Health Department: 731-423-3020
Check out these titles at the Library

- Breathing under water: spirituality and the twelve steps. Rohr, Richard.
- Distilling Hope: 12 Stories to Distill the 12 Steps. Ohlsson, Beth
- Mastering the Addicted Brain: Building a Sane and Meaningful Life to Stay Clean. Ling, Walter.
- Memoirs of an Addicted Brain: A Neuroscientist Examines His Former Life on Drugs. Lewis, Marc.
- The Mother's Survival Guide to Recovery: All About Alcohol, Drugs & Babies. Tanner, Laurie
- Unbroken Brain: A Revolutionary New Way of Understanding Addiction. Szalavitz, Maia.

362.29
616.86

Find most non-fiction books about addiction and recovery under these Dewey Decimal numbers. For a listing of other books on addiction and recovery, search our catalog under keyword "Addiction," "Addiction Recovery," or "Recovery".

Books about drugs and drug abuse are also available in the children's non-fiction section and in the Teen Room. Look within the Dewey Decimal numbers listed in the box above.

Biographies

Shelved by Author's Last Name

- Drinking: A Love Story. Knapp, Caroline
- Lit. Karr, Mary.

For Families

- Beautiful Boy: A Father's Journey Through His Son's Addiction. Sheff, David.
- Getting Your Loved One Sober: Alternatives to Nagging, Pleading, and Threatening. Meyers, Robert J.
- Parenting the Addicted Teen: A 5-Step Foundational Program. Krovitz-Neren, Barbara.
- Perfect Daughters: Adult Daughters of Alcoholics. Ackerman, Robert.
- Saving Jake: When Addiction Hits Home. Burwell, D'Anne.
- When your partner has an addiction: how compassion can transform your relationship (and heal you both in the process). Lawford, Christopher

Alcoholics Anonymous
Weekly meetings at the Main Library

For meeting times, please call 877-426-8330 or visit www.aawesttn.org

Please ask any of our staff for help in finding these and other resources. We respect your privacy and do not provide information on items checked out to your account without a valid ID or library card number.