

Staying Connected is Important: **VIRTUAL RECOVERY RESOURCES**

INTRODUCTION

This tip sheet describes resources that can be used to virtually support recovery from mental/substance use disorders as well as other resources.

VIRTUAL RECOVERY PROGRAMS

- **Alcoholics Anonymous:** Offers online support <https://aa-intergroup.org/>
- **Cocaine Anonymous:** Offers online support and services <https://www.ca-online.org/>
- **LifeRing:** LifeRing Secular Recovery offers online support <https://www.lifering.org/online-meetings>
- **In The Rooms - Online Recovery Meetings:** Provides online support through live meetings and discussion groups <https://www.intherooms.com/home/>
- **Narcotics Anonymous:** Offers a variety of online and skype meeting options <https://www.na.org/meetingsearch/>
- **Sobergrid:** Offers an online platform to help anyone get sober and stay sober <https://www.sobergrid.com/>
- **Soberistas:** Provides a women-only international online recovery community <https://soberistas.com/>
- **Sober Recovery:** Provides an online forum for those in recovery and their friends and family <https://www.soberrecovery.com/forums/>

- **We Connect Recovery:** Provides daily online recovery groups for those with substance use and mental illness <https://www.weconnectrecovery.com/free-online-support-meetings>

RECOVERY RESOURCES AND SUPPORTS

Al-Anon Family Groups

Providing help and hope for families and friends of people with an alcohol use disorder <https://al-anon.org/>

Buddhist Recovery Network

Promotes the use of Buddhist teachings and practices to help people recovery from the suffering caused by addictive behaviors <https://www.buddhistrecovery.org/>

Celebrate Recovery

A Christ-centered 12-step recovery program <https://www.celebraterecovery.com/>

Crystal Meth Anonymous

Fellowship of people who share their experience, strength and hope with each other so they may solve their common problem and help others to recovery from addiction to crystal meth <https://www.crystallmeth.org/>

Latinx Therapy

Founded to destigmatize mental health issues in the Latinx community <https://latinxtherapy.com/>

Peer Recovery Center of Excellence

Provides training, technical assistance and resources on peer support services, recovery community organization capacity building, peer workforce development and evidence based practice utilization

<https://peerrecoverynow.org/>

Recovery Dharma

Method of freeing from suffering of addiction using Buddhist practices and principles

<https://recoverydharma.org/>

She Recovers

An international movement of self-identified women in or seeking recovery from a range of issues, including substance use disorders, trauma, abuse, codependency, grief etc.

<https://sherecovers.org/>

The Phoenix (fitness oriented recovery support)

Now live streaming fitness classes through Zoom

<https://thephoenix.org/>

VetChange

Free, confidential online program to help Veterans cut back or stop drinking alcohol and learn to manage post-traumatic stress disorder symptoms without using alcohol

<https://vetchange.org/home/index2>

White Bison or Wellbriety

Offers sobriety, recovery, addictions prevention and wellness/wellbriety 12-step learning resources to the Native American/ Alaskan Native community nationwide

<https://whitebison.org/>

Women for Sobriety

An organization and self-help program also called the New Life Program for women with substance use disorders

<https://womenforsobriety.org/>

HELPFUL RESOURCES HOTLINES

SAMHSA's National Helpline

Toll-Free: 1-800-662-HELP

(24/7/365 Treatment Referral Information Service in English and español)

Website:

<https://www.samhsa.gov/find-help/national-helpline>

National Suicide Prevention Lifeline

Toll-Free (English): 988

Toll-Free (español): 988

TTY: 1-800-799-4TTY (4889)

Website (English):

<https://www.suicidepreventionlifeline.org>

Website (español):

<https://suicidepreventionlifeline.org/help-yourself/en-español/>

Treatment Locator Behavioral Health

Treatment Services Locator Website:

<https://findtreatment.gov/>

For help finding treatment 1-800-662-HELP (4357)

<https://findtreatment.gov/>

Note: Inclusion or mention of a resource in this fact sheet does not imply endorsement by the Substance Abuse and Mental Health Services Administration, the U.S. Department of Health and Human Services, or the Center of Excellence for Behavioral Health in Nursing Facilities.