

# Staying Connected is Important: VIRTUAL RECOVERY RESOURCES

## INTRODUCTION

Connect residents to mental/substance use recovery groups and other services that promote mental wellness and recovery.

## 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/>
- **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.crystalmeth.org/>

### 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 HOTLINES**

## **SAMHSA's National Helpline**

Toll-Free: 1-800-662-HELP (4357)

24/7, 365 days a year treatment referral and information (in English and Spanish) Website:

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

## **988 Suicide and Crisis Lifeline**

Dial 988 to talk, text, or chat

Website: [www.988lifeline.org](http://www.988lifeline.org)

## **Treatment Services Locator Website**

For help finding treatment:

1-800-662-HELP (4357)

Website: <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.