SAMHSA
Substance Abuse and Mental Health Services Administration

STAYING CONNECTED IS IMPORTANT: VIRTUAL RECOVERY RESOURCES

INTRODUCTION

In an infectious disease outbreak, when social distancing and self-quarantine are needed to limit and control the spread of the disease, continued social connectedness to maintain recovery is critically important. Virtual resources can and should be used during this time. Even after a pandemic, virtual support may still exist and still be necessary.

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/
- **Marijuana Anonymous:** Offers virtual support
  https://ma-online.org/
- **Narcotics Anonymous:** Offers a variety of online and skype meeting options
  https://www.na.org/meetingsearch/
- **Reddit Recovery:** Offers a virtual hang out and support during recovery https://www.reddit.com/r/REDDITORSINRECOVERY/
- **Refuge Recovery:** Provides online and virtual support
  https://www.refugerecovery.org/home
- **Self-Management and Recovery Training (SMART) Recovery:** Offers global community of mutual-support groups, forums including a chat room and message board
  https://www.smartrecovery.org/community/
- **SoberCity:** Offers an online support and recovery community
  https://www.soberocity.com/
- **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

AA Beyond Belief
A program for the agnostics, atheists, and free thinkers interested in AA
https://aabeyondbelief.org/

Al-Anon Family Groups
Providing help and hope for families and friends of alcoholics
https://al-anon.org/

Association of Recovery in Higher Education
Represents collegiate recovery programs and collegiate recovery communities, the faculty and staff who support them and the students who represent them
https://collegiaterecovery.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/

Fountain House
(NYC Peer Organization) virtual clubhouse with links to virtual "living rooms" and other community-focused virtual spaces
https://virtual.fountainhouse.org/

Hazelden Betty Ford Foundation
Contains online support meetings, blogs, mobile apps, social media groups, and movie suggestions, including the online support community, The Daily Pledge: https://www.hazeldenbettyford.org/recovery/tools/daily-pledge and "Tips for Staying Connected and Safeguarding Your Addiction Recovery": https://www.hazeldenbettyford.org/about-us/news-media/tips-for-staying-connected

HelpGuide
A small non-profit organization that manages one of the world's top ten mental health websites
https://www.helpguide.org/

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

Mental Health America
Mental health and Covid-19 Information and Resources
https://mhanational.org/covid19

Moderation Management
A lay-led non-profit dedicated to reducing the harm cause by the abuse of alcohol
https://moderation.org/

National Alliance for Mental Illness (NAMI) HelpLine
Coronavirus Information and Resources Guide
https://www.nami.org/Support-Education/NAMI-HelpLine/COVID-19-Information-and-Resources/COVID-19-Resource-and-Information-Guide

National Alliance for Recovery Residences
Compiled best practices and resources
https://narronline.org/

One Sky Center
A national resource center for American Indian and Alaska Native health, education and research. Dedicated to quality health care across Indian country
http://www.oneskycenter.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/

Project LETS
Peer-led communities of support education and advocacy for folks with live experience of mental illness, trauma, disability, and/or neurodivergence
https://projectlets.org/

Recovery Dharma
Method of freeing from suffering of addiction using Buddhist practices and principles
https://recoverydharma.org/

Rural Communities Opioid Response Program
Technical Assistance June 2020 Newsbrief "Sustaining Recovery Support Services During the COVID-19 Pandemic" https://www.rcorp-ta.org/sites/default/files/2020-08/RCORP-Newsbrief-Sustaining-Recovery-7-10-2020-508_0.pdf

Shatterproof
"How I'm Coping with COVID-19 and Social Isolation as a Person in Long-Term Recovery" provides helpful suggestions http://bit.ly/shatterproof-coping

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 Chopra Center
"Anxious About the Coronavirus? Here Are Eight Practical Tips on How to Stay Calm and Support Your Immune System." http://bit.ly/Chopra-calm

The Phoenix (fitness oriented recovery support)
Now live streaming fitness classes through Zoom
https://thephoenix.org/

The Trevor Project
The leading national organization providing crisis intervention and suicide prevention services to LGBTQ young people under age 25
https://www.thetrevorproject.org/

Therapy for Black Men
Provides an online directory for men to find a therapist to fit their needs by searching by location, specialization, and other detailed criteria
https://therapyforblackmen.org/therapists/

Trans Lifeline
Provides trans peer support for community, run by and for trans people
https://translifeline.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

We R Native
Targeted to Native American youth, including all genders who have questions or difficulties
https://www.wernative.org/

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 Disaster Distress Helpline
Call or Text: 1-800-985-5990 (English and español)
Website:
https://www.disasterdistress.samhsa.gov

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): 1-800-273-TALK (8255)
Toll-Free (español): 1-888-628-9454
TTY: 1-800-799-4TTY (4889)
Website (English):
https://www.suicidepreventionlifeline.org
Website (español):
https://suicidepreventionlifeline.org/help-yourself/en-espanol/

Treatment Locator Behavioral Health Treatment Services Locator Website:
https://findtreatment.gov/
For help finding treatment 1-800-662-HELP (4357)
https://findtreatment.gov/

SAMHSA Disaster Technical Assistance Center
Toll-Free: 1-800-308-3515
Email: DTAC@samhsa.hhs.gov
Website: https://www.samhsa.gov/dtac

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

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