

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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