

Virtual Recovery Resources

These SAMHSA recommended resources can be used to virtually support recovery.

[Expand all](#)

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Virtual Recovery Supports

Virtual Recovery Programs Alcoholics Anonymous

Offers online support.

Cocaine Anonymous

Offers online support and services.

LifeRing

Offers online support.

In The Rooms - Online Recovery Meetings

Provides online support through live meetings and discussion groups.

Marijuana Anonymous

Offers virtual support.

Narcotics Anonymous:

Offers a variety of online and Skype meeting options.

Reddit Recovery

Offers a virtual hang out and support during recovery.

Refuge Recovery

Provides online and virtual support.

Self-Management and Recovery Training (SMART) Recovery

Offers global community of mutual-support groups, forums including a chatroom and

message board.

Sobergrid

Offers an online platform to help anyone get sober and stay sober.

Soberistas

Provides a women-only international online recovery community.

Sober Recovery

Provides an online forum for those in recovery and their friends and family.

We Connect Recovery

Provides daily online recovery groups for those with substance use and mental illness.

Unity Recovery + WEconnect + Alano Club

Providing daily virtual meetings for those in recovery and for their family members.

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Helpful Resource Hotlines

SAMHSA's Disaster Distress Helpline

Toll-Free: 1-800-985-5990 (English and español)

SMS: Text TalkWithUs to 66746

SMS (español): "Hablanos" al 66746

TTY: 1-800-846-8517

Website (English): <http://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: <http://www.samhsa.gov/find-help/nationalhelpline>

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): <http://www.suicidepreventionlifeline.org>

Website (español): <https://suicidepreventionlifeline.org/help-yourself/en-espanol/>

Treatment Locator Behavioral Health Treatment Services

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

Website: <http://findtreatment.samhsa.gov/locator/home> and
<https://findtreatment.gov/>

SAMHSA Disaster Technical Assistance Center

Toll-Free:1-800-308-3515

Email: DTAC@samhsa.hhs.gov

Website: <http://www.samhsa.gov/dtac>

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Additional Recovery Resources

National Alliance for Mental Illness

[The National Alliance for Mental Illness \(NAMI\)](#)

Hazelden Betty Ford Foundation

[The Daily Pledge](#)

[Tips for Staying Connected and Safeguarding Your Addiction Recovery](#)

The Chopra Center

[Anxious About Coronavirus?: Eight Practical Tips on How to Stay Calm and Support Your Immune System.](#)

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Tips to Set-up a Virtual Recovery Meeting

To host a meeting on zoom:

1. Set up a free account here: <https://zoom.us> When you set up a free account, you can only host a meeting for 45 minutes. To host longer meetings, you need a paid account.
2. [Schedule a meeting.](#)
3. [Invite people to join a meeting.](#)
4. Create a flyer to publicize meetings. This flyer can be sent to group members via email and text, posted on self-help group's District Website, and posted on the door of the physical site that is closed in an attempt to reach anyone who shows up for a meeting.

