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.

