

Online Recovery Resources:

- <https://unityrecovery.org/digital-recovery-meetings>
Offering online recovery support groups which will be available four times daily at 9AM, 12PM, 3PM, and 9PM EST.
- <https://www.12step.org/social/online-meetings/>
Offers a variety of online meetings and various other outside resources
- <https://www.AA-intergroup.org>
Offers online meetings with specialized topics with a variety of meeting formats (i.e. chat, text, e-mail, etc.)
- https://www.addictionrecoveryguide.org/.../on.../online_meetings
Offers a variety of online communications, including chat rooms, message boards, etc. They also offer online media and online meetings with specific meeting topics (i.e. cocaine anonymous)
- <https://www.intherooms.com/home/>
Offers online meetings with specialized topics. They have multiple modalities, including 12 step, non-12 step, over all wellness, and overall mental health.
- <https://www.lifering.org/>
Provides online meetings using Zoom. They already have a set schedule for all 7 days of the week with various speakers already scheduled.
- <https://na-recovery.org>
Offers a recovery chat rooms using text chat. They also provide other recovery resources such as testimonies, readings, etc.
- <https://nachatroom.org>
Offers daily online meetings with 24/7 text chat with other members. They also offer a variety of extra resources, such as meditation for NA, relapse prevention, and other recovery-oriented resources.
- <https://NAvoices.com>
Specifically a narcotics anonymous forum and recovery community that uses text chat, Skype, and phone calls
- <https://www.smartrecovery.org/>
Offers online meetings and an online community with message boards and a chat room
- <https://stepchat.com>
Offers a variety of meetings based on an already set schedule using text chat

- <https://womensobriety.org/community/#>
Offers online support with open forums where women can share and seek support 24/7 plus text messaging support schedules 2 times a day. They also offer phone support.
- <https://www.drugabuse.gov/about-nida/noras-blog/2020/03/covid-19-potential-implications-individuals-substance-use-disorders>
To help support individuals in recovery from substance use disorder, Addiction Policy Forum has partnered with CHES Health to launch Connections, a free smartphone app that is scientifically proven to support patients in recovery by reducing relapse and promoting pro-social engagement.

Other useful resources:

SMART Recovery: <https://smartrecovery.zoom.us/j/634455308>

Mtg. ID: 634 455 308 Weekdays at 9:30 AM & 6:00 PM, Weekends 5:00 PM

3 Principles: with Rob <https://zoom.us/j/965165209> Sundays at 3:00 PM

Recovery Dharma <https://zoom.us/j/727381605> Mondays 6:00-7:00 PM,
Tuesdays 5-6 PM, Thursdays 7:30-8:45 PM, Saturdays 3:15-4:30 PM

All Recovery with Eric <https://zoom.us/j/214633366> Wed – Thur 5:00 PM

All Recovery <https://zoom.us/j/214633366> Daily at 2:00 PM

AA Meetings through RecoverYdia: <https://www.recoverydia.com/digital-peer-support> Daily
6:30 AM, 12:00 PM, & 7:00 PM

LGBTQ All Recovery <https://zoom.us/j/528008766> Thursdays 7:00-8:30 PM