

Online and Virtual Recovery Support Resource List

Adult Children of Alcoholics – Program of men and women who grew up in dysfunctional homes that provides a safe, non-judgmental environment with online, telephone, and audio support. [Link Here](#)

Alcoholics Anonymous – Offers on line support through their online intergroup [Link here](#)

Al-Anon Electronic Meetings – Offers online hope to anyone who is affected by alcoholism in a family member or friend through their online intergroup. [Link Here](#)

Allies in Recovery – they coach and train families to help an addicted loved one. Individuals will learn an evidence-based method of intervening with a loved who suffers. [Link here](#)

Alateen – Offers support for young people who have been impacted by another’s alcohol use. [Link Here](#)

Buddhist Recovery - promotes the use of Buddhist teachings and practices to help people recover from the suffering caused by addictive behaviors and is open to people of all backgrounds, and respectful of all recovery paths for online meetings. [Link here](#)

Center for Disease Control:

Helping Children Cope with Emergencies: Tips for helping children coping with disaster. [Link Here](#)

Managing Anxiety and Stress: Resource page and suggestions for dealing with COVID-19. [Link Here](#)

Taking Care of Your Emotional Health: Resource for emotional health needs. [Link Here](#)

Centerstone Military Services: online classes and support groups for veterans [Link here](#)

Cocaine Anonymous – Online Services for CA. [Link here](#)

CoDependent Anonymous – CODA has online and phone meetings across the globe. [Link Here](#)

Collegiate Recovery - The Association of Recovery in Higher Education (ARHE) is the only association exclusively representing collegiate recovery programs (CRPs) and collegiate recovery communities (CRCs), the faculty and staff who support them, and the students who represent them. ARHE provides the education, resources, and community connection needed to help change the trajectory of recovering student’s lives. We are a network of professionals, administrators, faculty, staff, students, parents and policy makers [Link here](#)

Dealing with Depression: website is meant for teens who have been coping with depressed mood. This resource teaches a set of skills that teens can apply to their own life to overcome depression. [Link here](#)

Families Anonymous – FA is a 12-step fellowship for the family and friends of those individuals with alcohol or substance use or related behavioral issues. Group chat, online and phone meetings available. [Link Here](#)

Gam-Anon – Serving the community of individuals who have been affected by the gambling problem of a loved one. Hotline number: 718-352-1671. [Link here](#)

Herren Project - Support, inspire and empower those affected by substance use disorder. Their goal is to Provide resources, guidance and support for individuals and families to receive quality care. They have spousal, family, grief, parent and recovery groups meetings [Link here](#)

In the Rooms -started with a simple goal in mind: to give individuals in recovery a place to meet and socialize when they're not in face-to-face meetings. This basic concept has grown into a global online community with over 500,000 members. Offers over 130 live specialty group meetings weekly, discussion groups, and wellness and mental health modalities. [Link here](#)

LifeRing – Secular Recovery is an organization of people who share practical experiences and sobriety support. There are as many ways to live free of drugs and alcohol as there are stories of successful sober people. [Link here](#)

Love is Respect: this resource focuses on teen relationships and can be accessed by phone, text or live chat. [Link here](#)

My Recovery – stay connected to recovery friends at all times – read and comment in community rooms or join live meetings online or via phone [Link here](#)

Narcotics Anonymous – Offers a variety of online and skype meeting options. [Link here](#)

National Domestic Violence Hotline: 1-800-799-SAFE (7233) or live online chat [Link here](#)

On Your Mind: peer supported teen crisis chat Mon-Thurs 7:30pm-12:30am. Hotline is 24 hours [Link here](#)

Parents of Addicted Loved Ones – PAL is a Christian-run, non-profit group in support of parents with a child with a substance use disorder. Online Meetings available. [Link Here](#)

Partnership for drug free America: offer online support community gatherings, hosted by specially trained parent coach facilitators and clinicians and offer support for parents struggling with a child's substance use [Link here](#)

The Phoenix – Recovery Community Organization offering live stream Crossfit, Yoga and Meditation daily every two hours through the COVID Crisis. [Link here](#)

Recovery Dharma – organizes daily meetings accessible via computer, smartphone or dial-in. Their vision is for everyone to meditate, study Buddhist teachings and support one another along their paths to sobriety and peace [Link here](#)

Recovery Link - Array of resources from daily recovery meetings, physical activities, including crossfit and yoga, meditations, and more [Link Here](#)

Reddit Recovery – Redditors in recovery to hang out, share experiences, and support each other. Discuss the various ways to achieve and maintain a life free from active addiction. Everyone is welcome. [Link here](#)

Refuge Recovery – Refuge Recovery is grounded in the belief that Buddhist principles and practices create a strong foundation for a path to freedom from addiction. This program is an approach to recovery that

understands: All individuals have the power and potential to free themselves from the suffering that is caused by addiction. [Link here](#)

Sex and Love Addicts Anonymous – online and telephone meetings for anyone who suffers from an addictive compulsion to engage in or avoid sex, love, or emotional attachment. They use the Twelve Steps and Twelve Traditions adapted from Alcoholics Anonymous to recover from these compulsions. [Link here](#)

She Recovers - is an international movement of women in or seeking healing from substance use disorders, other behavioral health issues, and a myriad of life experiences. Provide online and in person resources – to connect, support and empower women so they can heal and thrive, achieve their potential and then help other women to do the same with over 300,000 members online. [Link here](#)

SMART Recovery – Self-Management And Recovery Training (SMART) is a global community of mutual-support groups. They offer online support, forums and chat room for individuals in recovery as well as family and friends. [Link here](#)

Sober Recovery – forums that are a great place for people with substance use disorder to find assistance and helpful information. The community has more than 168,000 people who are recovering from substance use disorder and/or codependence, as well as their friends and family. [Link here](#)

Step Chat - Offers a variety of meetings based on an already set schedule using text chat [Link Here](#)

Step Away iPhone app: guides users through cravings and high-risk situations [Link here](#)

Stop Abuse for Everyone (SAFE) - national non-profit that provides unique services for domestic violence victims and helps those who typically fall between the cracks of domestic violence services. The information we provide is for (but not limited to) straight men, LGBT victims, teens, and the elderly. [Link here](#)

The Trevor Project - accredited life-saving, life-affirming programs and services to LGBTQ youth that create safe, accepting and inclusive environments over the phone, online and through text [Link here](#)

TheTribe - Wellness and support groups for adults on addiction, anxiety, depression, HIV/AIDS, LGBTQ, Marriage and Family as well as OCD. Also have a TeenTribe group [Link here](#)

ThriveNYC Guide to Mental Health Services - This guide includes information on how City agencies are modifying mental health services during the COVID-19 crisis and identifies resources for all New Yorkers as well as services tailored to the needs of aging New Yorkers, veterans, students and young people, and people harmed by violence, crime or abuse. All services are free to New Yorkers, regardless of insurance coverage or immigration status. [Link Here](#)

Victim Connect Resource Center referral helpline where crime victims can learn about their rights and options confidentially and compassionately. Traditional telephone-based helpline, online chat and web-based information and service [Link here](#)

We Connect Recovery - Online recovery support groups available daily. They are open to anyone who is dealing with substance use, mental health concerns, disordered eating, as well as any other quality of life

concerns. Everyone is welcome no matter your pathway to recovery or recovery status. [Link here](#)

Substance Abuse and Mental Health Services Administration:

Guide: Helping a Loved One Dealing with Mental/and or Substance Use Disorders. [Link Here](#)

National Helpline for Treatment (Mental and/or Substance Use Disorders) 1-800-662-HELP (24/7).

Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak [Link Here](#)

Disaster Distress Hotline: 1-800-985-5990, or Text *TalkWithUs* to 66746.

Virtual Recovery Resources “Tips and resources for those with a mental/SUD”. [Link Here](#)

Platforms:

Google Meet: free for all Center staff. Can host up to 100 people, screen sharing, recording options, ability to dial in to a video conference by phone.

Lifesize: host free meetings, up to 25 people, no time limits. Currently offering 6 months free with no credit card needed. [Link here](#)

Slack: voice and video calls, can launch from any conversation on Slack, don’t need to send an invite, can share your screen. Create a Slack account: [link here](#)

Whereby: up to 4 participants, screen sharing, lock rooms, has youtube integration [Link here](#)

Podcasts:

[Center for Motivation and Change: The Beyond Addiction Show](#) (with Dr. Josh King)

[Hazelden Betty Ford- Let’s Talk: Addiction and Recovery Podcasts](#) (with William Cope Moyers)

Mother Recovering: [Link here](#)

This Naked Mind: [Link here](#)

Recovery Elevator: [Link here](#)

Sober Girl’s Guide: [Link here](#)

That Sober Guy: [Link here](#)

You Tube videos:

Dr. Brandon Bergman Digital Recovery management - [Link here](#)