

Recovery Support during the COVID-19 Pandemic:

A Guide to Online and Telephonic Mutual Help Resources

In the current COVID-19 pandemic, it may not be possible to attend in-person mutual help meetings or other recovery groups. Individuals with any respiratory or fever symptoms should **NOT** attend meetings in person; asymptomatic individuals should adhere with local and federal recommendations regarding social distancing. There are many alternatives to in-person meetings available to help maintain involvement in mutual help groups during this time. This list contains some available options, including virtual meetings, online support forums, phone meetings, and more.

Alcoholics Anonymous (AA) Intergroup:

An extensive directory of online meetings, chat rooms, email groups, and forums across a variety of group types. Platforms used vary from Google Groups, Yahoo Groups, Discord, Second Life, Zoom and others.
<http://aa-intergroup.org/directory.php>

InTheRooms.com:

Multiple online meetings daily for AA, NA, and others. Does require a login, though creation of an account is free.
<https://www.intherooms.com/home/live-meetings/>

12 Step Online:

A group discussion with various online meetings throughout the day. The chat room remains open for discussion at all times. Uses Google Groups.
<https://www.12step-online.com/meetings/online-aa-meetings/>

12 Step Forums:

Scheduled online Al-Anon meetings, along with general chat rooms for Al-Anon, AA, NA, and others.
<http://www.12stepforums.net/schedule.html>

AA Central Service of Eastern Massachusetts:

Operator may be able to connect individuals to local Zoom meetings. Please **call 617-426-9444** Monday-Friday 9am-5pm and ask for information on available online meetings.

Telephonic AA Meetings:

One Day at a Time: Meets by telephone daily at 1:00pm.
(712) 775-7031 (Access Code: 198520#)
<https://sites.google.com/site/onedayatatime1pm/>

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Pause a While: Meets by telephone daily at 2:00pm.
(425) 436-6360 (Access Code: 422932#)

Narcotics Anonymous (NA):

Multiple languages and platforms, as well as phone meetings.
https://www.na.org/?ID=virtual_meetings

Telephonic NA Meetings:

NA by Phone Meeting

Schedule: <http://nebula.wsimg.com/43b31fa4c0a8e52290352ab7c3672830?AccessKeyId=4ED4CDABC2AE88C81F6E&disposition=0&alloworigin=1>

Marijuana Anonymous:

Multiple scheduled online meetings daily.

<https://marijuana-anonymous.org/find-a-meeting/>

Al-Anon:

For friends and family members of those struggling with addiction. Al-Anon has virtual meetings over several platforms including Zoom, Skype, and email in multiple languages.

<https://al-anon.org/al-anon-meetings/electronic-meetings/>

SMART Recovery:

Self-Management and Recovery Training (SMART) has multiple online meetings daily; most do not require verification. Formats vary. Also has access for friends and family member meetings.

<https://www.smartrecovery.org/community/calendar.php>

Online forum, open 24/7: <https://www.smartrecovery.org/community/forum.php>

Women for Sobriety:

Online support forum (www.wfsonline.org) with both an open forum and 1-2 meetings over text chat daily. There is also an available phone support volunteer line. For information on the phone support volunteers, please email contact@womenforsobriety.org or call 215-536-8026.

Recovery Dharma Online:

Peer-led organization that uses Buddhist practices as tools for recovery. Daily meetings accessible via computer, smartphone, or dial-in.

<https://recoverydharma.org/>

Refuge Recovery:

Buddhist-inspired, meditation-based pathway to recovery from addiction with scheduled online meetings daily.

<https://refugerecovery.org/meetings?tsml-day=any&tsml-region=online-english>