

Barnstable County Virtual Recovery Supports
Prepared by RSAC Recovery Workgroup
5/28/20

Massachusetts Substance Use Helpline

www.helplinema.org

1-800-327-5050

National Suicide Prevention Lifeline

1-800-273-8255

General Information

- SAMHSA (<https://www.samhsa.gov>) is providing guidance and resources to assist individuals, providers, communities, and states including:
 - Virtual recovery meetings
 - Considerations for the Care and Tx of Mental and Substance Use Disorders in the COVID-19 Epidemic
 - Guidance for Opioid Treatment Programs including new MAT guidance
 - Telemedicine information
 - Congregate living recommendations
- www.cdc.gov
- www.mass.gov
- <https://rizema.org/resources/>
- <https://www.barnstablecountyhealth.org/>

Local Virtual Recovery Resources

- **Pause A While**
Offering daily virtual and dial-in meetings. A full list of meetings and times can be found on the [Pause A While](#) website
- **PIER Recovery Center**
Visit www.facebook.com/pierrecovery for a complete list of virtual meetings
- **WellStrong**
A fitness and wellness community for people in recovery from substance use disorder. For a list of virtual and outdoor classes and meetings, <http://www.wellstrong.org/class-calendar/>
- **Gosnold Family Education and Support Meeting**
Peer-led peer support group facilitated by a Gosnold clinician
Sundays from 11:00 am – 12:30 pm
<https://zoom.us/j/499635631>
Zoom meeting ID: 499 635 631
Dial in: 929-205-6099

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- **Drop-in Meditation**
Mindful meditation practices facilitated by Joy Kingsbury
Mondays from 7:00 – 8:00 pm
<https://zoom.us/j/102243928>
Zoom meeting ID: 102 243 928
Dial in: 929-205-6099

- **Together We Can**
An All Recovery Group welcoming all fellowships and pathways
Wednesdays from 7:00 – 8:00 pm
<https://zoom.us/j/194335786> | Zoom meeting ID: 194 335 786
Dial in: 929-205-6099

- **Herren Project Online Support Groups**
Virtual support groups for spouses, families, grief, and parental support
<https://herrenproject.org/online-support>

- **Learn to Cope**
Online support forum open to families, friends and loved ones who have someone in their lives who is struggling with substance use disorder
www.learn2cope.org

- **RecoveryBuild**
RecoveryBuild Alternative Peer Group provides recovery support for teens with substance use disorder. Telehealth communication is available.
Phone: 774-487-5227
Email: Apg@duffyhealthcenter.org

- **South Shore Peer Recovery**
1:1 telephone recovery support
<https://tinyurl.com/ssprtrs>