



## VIRTUAL RECOVERY RESOURCES

Recovery is an ongoing process that requires dedication and hard work, that cannot be done alone.

This guide provides virtual resources that can be used to support individuals living with substance use disorders and those in recovery.

This guide also provides resources for family members and those grieving the loss of a loved one.

### Virtual Recovery Programs

- **Alcoholics Anonymous:** Offers online support <http://aa-intergroup.org/>
- **American Addiction Center:** Free virtual support meetings <https://americanaddictioncenters.org/virtual-meetings>
- **In The Rooms - Free Online Recovery**  
**Tool:** Live meetings and discussion groups, including 12-Step, non-12 Step, wellness & mental health <https://www.intherooms.com/home>
- **LGBT teetotalers:** Weekly sober Zoom calls to help one through this difficult time <https://lgbtteetotaler.com/f2f/>
- **LifeRing:** Worldwide network of support and services. Self-directed groups <https://www.lifering.org/online-meetings>
- **Marijuana Anonymous:** Offers virtual support <https://ma-online.org/>
- **Narcotics Anonymous:** Offers a variety of online support <https://virtual-na.org/>
- **Reddit Recovery:** Offers online support and hangout during recovery <https://www.reddit.com/r/REDDITORS!NRECOVERY/>
- **Refuge Recovery:** Virtual peer-led movement using Buddhist inspired practices <http://bit.ly/refuge-recovery1>
- **SMART Recovery:** Offers support groups, online meetings, articles and blogs. Cognitive behavioral therapy & emphasis on empowering yourself <https://www.smartrecovery.org/community/>
- **Soberistas:** Provides world-wide online community of like-minded women in recovery <https://soberistas.com/>
- **SoberCity:** extensive social network for people in recovery and those in need of treatment <https://www.soberocity.com/ment>

- **Sobergrid:** Free iOS/Android app to connect to a sober community and peer coaches, helping anyone get and stay sober <https://www.sobergrid.com/>
- **Unity Recovery + WEconnect + Alano Club + SOS Recovery:** Provides daily online recovery meetings for those in recovery and options for family members as well <https://unityrecovery.org/digital-recovery-meetings>  
<https://www.weconnectrecovery.com/free-online-support-meetings>
- **The Phoenix: Live-streamed yoga and mediation classes** <https://thephoenix.org/virtual/>
- **The Tempest:** Recovery and mental health resources <https://bit.ly/2An50ug>
- **Top Smart Phone Apps for Addiction and Recovery:**  
<https://www.rehabs.com/smartphone-apps-for-recovery/>

## RECOVERY SUPPORT

- **Connections App:** A smartphone app to aid in recovery <https://www.addictionpolicy.org/connections-app>
- **COVID-19 Resources | National Institute on Drug Abuse (NIDA):** <https://bit.ly/2M9TFkg>
- **Department of Drug and Alcohol Programs:** Covid-19 information <https://bit.ly/2BdBx6H>
- **Hazelden Betty Ford Foundation** <https://www.hazeldenbettyford.org/recovery/tools/daily-pledge>
- **The National Alliance for Mental Illness (NAMI):** Recovery and COVID-19 Guide <https://bit.ly/2TOart7>

## FAMILY SUPPORT

- **Hazelden Betty Ford:** Family Toolkit <https://www.hazeldenbettyford.org/addiction/help-for-families/family-toolkit>
- **ShatterProof:** "How to Help a Loved One When Addiction Symptoms Recur" <https://bit.ly/2MarDFa>
- **Virtual meetings, chats and toolkits from:**
  - Nar-Anon**  
<https://www.naranonchat.com/>
  - Al-Anon**  
<https://al-anon.org/>
  - SMART Recovery Family & Friends**  
<https://www.smartrecovery.org/family/>
- **Waves to Wellness:** "Riding the Wave Together" Family Support Group <https://www.wavestowellness.org/familygroup>

## GRIEVING A LOVED ONE

- **Peter's Place:** Grief support services for parents, families, and children <http://petersplaceonline.org/>
- **Grief Anonymous:** National support organization for anyone grieving. Grief network, 20 grief-specific Facebook groups <https://griefanonymous.com/>
- **Grief Recovery After a Substance Passing (GRASP):** National community of support and healing with over 100 meeting locations and Facebook presence <http://grasphelp.org/>
- **GRASP Reading and Mediation Resources:** <http://grasphelp.org/resources/>
- **Steps 4 Hope:** Parents & siblings grief groups and resources <https://www.steps4hope.org/>

## Support

### SAMHSA's National Helpline

Toll-Free: 1-800-662-HELP

<http://www.samhsa.gov/find-help/national-helpline>

### National Suicide Prevention Lifeline

Toll-Free: 1-800-273-TALK (8255)

TTY: 1-800-799-4TTY (4889)

<http://www.suicidepreventionlifeline.org>

### State of Pennsylvania Mental Health Hotline

1-855-284-2494

TTY: 724-631-5600

<https://www.dhs.pa.gov/Services/Mental-Health-In-PA/Pages/default.aspx>

### For help finding treatment

1-800-662-HELP (4357)

<https://findtreatment.gov/>

## © The Michael Karayannis Waves to Wellness Foundation INC.

[wavestowellness.org](http://wavestowellness.org)

✉ [Info@wavestowellness.org](mailto:Info@wavestowellness.org)

f [WavesToWellnessOrg](https://www.facebook.com/WavesToWellnessOrg)

📷 [WavesToWellnessOrg](https://www.instagram.com/WavesToWellnessOrg)

🐦 [Waves2Wellness](https://twitter.com/Waves2Wellness)

**Stay in Recovery. Stay Alive.**