

Online Resources to Support Your Recovery

Scan the QR code below to go directly to the type of support you are looking for.

<p>1. Online AA Meetings</p> 	<p>2. Recovery Dharma Online Meetings</p> 	<p>3. In the Rooms Online Support</p> 
<p>4. AI-Anon Electronic Meeting List</p> 	<p>5. Online Group AA Meetings</p> 	<p>6. Substance Abuse and Mental Health Services Website</p> 
<p>7. Virtual Narcotics Anonymous Meetings</p> 	<p>8. Smart Recovery Online</p> 	<p>9. Never Alone Club – 24 Hour Chat and Support</p> 
<p>10. Narcotics Anonymous by Phone</p> 	<p>11. Marijuana Anonymous Online Meetings</p> 	<p>12. Connections App – tools to support early recovery</p> 
<p>13. The Herren Project – Recovery Meetings</p> 	<p>14. AA speaker tape and 12 steps – iPhone App</p> 	<p>15. Smoke free – Tools and Support to Quit Smoking</p> 

- Substance Abuse and Mental Health Services Hotline: 1-800-662-HELP (4357)
- National Suicide Prevention Lifeline: 1-800-273-8255

Online Resources to Support Your Recovery

Use this website (URL) to use these helpful online resources.

1. Online AA Meetings	http://aa-intergroup.org/directory.php
2. Dharma Online Meetings	https://recoverydharma.online/
3. In the Rooms Online Support	https://www.intherooms.com/home/category/community-and-meetings/
4. Al-Anon Electronic Meeting List	https://al-anon.org/al-anon-meetings/electronic-meetings/
5. Online Group AA Meetings	https://www.onlinegroupaa.org/
6. Substance Abuse and Mental Health Services Website	https://www.samhsa.gov/find-help/national-helpline
7. Virtual Narcotics Anonymous	https://virtual-na.org/
8. SMART Recovery Online	http://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/
9. Never Alone Club – 24 Hour Chat and Support	https://www.neveraloneclub.org/
10. Narcotics Anonymous by Phone	http://www.nabyphone.com/na-by-phone-area.html
11. Marijuana Anonymous Online Meetings	http://marijuana-anonymous.org/find-a-meeting/
12. Connection App – Tools to Support Early Recovery	https://www.addictionpolicy.org/connections-app
13. The Herren Project – Recovery Meetings	https://herrenproject.org/recovery-meeting/
14. AA Speaker Tape and 12 Steps – iPhone App	https://www.addictionpolicy.org/connections-app
15. Smokefree – Tools and Support to Quit Smoking	https://smokefree.gov/