**Recovery and Wellness Support Resources for the COVID-19 Outbreak**

Updated March 24, 2020

Online Resources to Help Mitigate the Spread of COVID-19

It is highly recommended that individuals who are seeking or living in recovery utilize peer groups and other recovery support services to maintain their wellness and aid in their recovery process. Traditionally these groups meet in person and require individuals to be in close proximity to one another.

To assist people seeking support during this time, we have compiled the digital resources identified below, which offer diverse online support to individuals seeking connection and engagement during times of social distancing. Please use them and share them with your networks. (Please note the inclusion of these resources is not necessarily an endorsement.)

**Smart Recovery**

[Self-Management And Recovery Training (SMART)](https://www.smartrecovery.org/community/calendar.php?styleid=29&fbclid=IwAR2ftJ4LtDqrJ1e6Ar8Vh9RhMz-B4_InLyKthwWjMHLb8rIsNHp9391lTBE) is a global community of mutual-support groups. At meetings, participants help one another resolve problems with any addiction (to drugs or alcohol or to activities such as gambling or over-eating). Participants find and develop the power within themselves to change and lead fulfilling and balanced lives guided by SMART’s science-based and sensible 4-Point Program®.

**Digital Recovery Meetings**

[Unity Recovery + WEconnect + Alano Club](https://unityrecovery.org/digital-recovery-meetings?fbclid=IwAR3HYrbh3zRSmu20D7NUsjIDjtUakD-SS50XpvsoYjLosMXdaRQLc1FoXUw) are now offering free virtual recovery meetings during the COVID-19 pandemic. They are now offering online recovery support groups which will be available five times daily at 9AM, 12PM, 3PM, 6PM, and 9PM EST. They are also offering one daily family and loved one recovery support meeting at 8PM EST. All recovery meetings are non-denominational, agnostic to any specific recovery pathway, and are open to anyone.

* Video is optional but can be used
* Real names do not have to be used and are not required
* Audio can be muted and you are not required to share
* Please be respectful of all participants just as you would in any other meeting or recovery space – we are all in this together

**In The Rooms**

[In The Rooms](https://www.intherooms.com/home/?fbclid=IwAR1J-bHmUMTdS_n2Vj6ZN8AHkJm9MvdcT3gtMKApi1UnputiaIdzqNnDHwc) is a free online recovery tool that offers 130 weekly online meetings for those recovering from addiction and related issues. In The Rooms embraces multiple pathways to recovery, including all 12 Step, Non-12 Step, Wellness and Mental Health modalities.

**Narcotics Anonymous Online Meetings**

Narcotics Anonymous (NA) is a global, community-based organization with a multilingual and multicultural membership. NA was founded in 1953, and members hold nearly 67,000 meetings weekly in 139 countries today.

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| **Day/Time** | **Meeting ID** | **Meeting Format** |
| Mon 7AM EST | <https://zoom.us/j/756488015>  | JFT/Topic |
| Mon 12PM EST | <https://bluejeans.com/375933012>  | Rotating |
| Tue 12PM EST | <https://zoom.us/j/756488015> | Topic/Spiritual Principles |
| Fri 10PM EST | <https://zoom.us/j/756488015> | Rotating |
| Fri 11PM EST | <https://zoom.us/j/756488015> | Ask It Basket |
| Fri 12PM EST | <https://zoom.us/j/756488015> | Step Working Guide Study |
| Sat 12PM EST | <https://zoom.us/j/756488015> | JFT/Topic |
| Sun 12PM EST | <https://zoom.us/j/756488015> | Steps & Principles |

**Additional NA Virtual Meetings**

[CPRNA Meeting Schedule](http://www.cprna.org/our-areas/meetings/rock-creek-area/?fbclid=IwAR04UZNbAvHgHCqhH3OrEErxsHPQkWk-OHZmuscdGe9U_6AIZV4f9rYLCGU) - NA is a nonprofit Fellowship or society of men and women for whom drugs had become a major problem. They are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using.

**Alcoholic Anonymous (AA) Online Meetings**

[Alcoholics Anonymous](http://aa-intergroup.org/directory.php) is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for AA membership is a desire to stop drinking. There are no dues or fees for AA membership; they are self-supporting through their own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Their primary purpose is to stay sober and help other alcoholics achieve sobriety.

**Cocaine Anonymous**

[Online Services for CA](https://www.ca-online.org/)- Cocaine Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from their addiction. The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances. There are no dues or fees for membership; they are fully self supporting through their own contributions. CA is not allied with any sect, denomination, politics, organization, or institution. They do not wish to engage in any controversy and we neither endorse nor oppose any causes. Their primary purpose is to stay free from cocaine and all other mind-altering substances, and to help others achieve the same freedom.

**LifeRing**

[LifeRing Secular Recovery](https://www.lifering.org/online-meetings) 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.

**Marijuana Anonymous**

[District 13](https://ma-online.org/) is an online fellowship of people who share their experience, strength, and hope with one another to solve common problems and help others to recover from pot addiction.

**Reddit Recovery**

[A place for redditors in recovery](https://www.reddit.com/r/REDDITORSINRECOVERY/) to hang out, share experiences, and support each other. This is a place where individuals can discuss the various ways to achieve and maintain a life free from active addiction. Everyone is welcome.

**Refuge Recovery**

[Refuge Recovery](https://refugerecovery.org/meetings?tsml-day=any&tsml-region=online-english) 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.

**SoberoCity**

[Soberocity](https://www.soberocity.com/) could be a great solution for individuals that are looking for an online community that occasionally has live events across the country.

**Sobergrid**

[Sobergrid](https://www.sobergrid.com/) is a platform to help anyone get sober and stay sober. Some join to get support, others to give it. Each free download, post, and connection create an opportunity to stay sober while helping others do the same. **Soberistas**

[Soberistas](https://soberistas.com/) is an international online recovery community, which makes it easy to connect with like-minded women who are friendly, non-judgmental, and helping each other kick the booze and stay sober.

**Sober Recovery**

[Sober Recovery](https://www.soberrecovery.com/forums/) consists of forums that are a great place for people with substance use disorders to find assistance and helpful information. The community has more than 168,000 people who are recovering from substance use disorders and/or codependence, as well as their friends and family.

**We Connect Recovery**

[We Connect Recovery](https://www.weconnectrecovery.com/free-online-support-meetings) are online recovery support groups that are 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 their pathway to recovery or recovery status.

**Gambler’s Anonymous**

The telephone conference call platform they are using has local access telephone numbers for 74 different countries. If calling from a foreign country, please use the appropriate email address to request the local calling numbers.

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| **Day/Time** | **Call In Number** | **Access Code** | **Questions?** |
| Sun 9PM EST | 712-770-5338 | 836083# | Sunday9PMHelp@gmail.com  |
| Mon 9PM EST | 712-770-4925 | 554671# | Monday9PMHelp@gmail.com  |
| Tue 9PM EST | 712-770-4943 | 253824# | Tuesday9PMHelp@gmail.com |
| Wed 9PM EST | 712-770-4160 | 611704# | Wednesday9PMHelp@gmail.com |
| Thu 9PM EST | 712-770-4981 | 872853# | Thursday9PMHelp@gmail.com |
| Fri 9PM EST | 712-770-4996 | 565094# | Friday9PMHelp@gmail.com |
| Sat 9PM EST | 712-770-5335 | 491301# | Saturday9PMHelp@gmail.com |

**NAMI Support**

The [NAMI HelpLine Coronavirus Information and Resources Guide](https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf?lang=en-US) may be a helpful resource for those with **mental health conditions**. This resource provides information about the pandemic, resources for support, warm line phone numbers, etc.

**Online Resources from Hazelden Betty Ford**

“[Tips for Staying Connected and Safeguarding Your Addiction Recovery](https://protect2.fireeye.com/url?k=cfe87524-93bd7cf4-cfe8441b-0cc47a6a52de-72b8fcea1bd6e72f&u=https://urldefense.proofpoint.com/v2/url?u=https-3A__www.hazeldenbettyford.org_about-2Dus_news-2Dmedia_tips-2Dfor-2Dstaying-2Dconnected-3Futm-5Fsource-3Dgeneral-2Dcommunications-26utm-5Fmedium-3Demail-26utm-5Fcampaign-3D59952&d=DwMFAg&c=tSLbvWYfvulPN3G_n48TUw&r=HK61svxWbgHC3OQfzYXC8M-bXSjKHJh9LJ1Xa2Ob9GE&m=c22xUXxUtBe9HV6b5q-gwX3fb_QhEHmoIDTJfxOCmLs&s=_PjhVfg1JbdfbB3yR6O_DZoJ-G6c_bP7p_sHSwcmovM&e=)” by Hazelden Betty Ford (HBF) contains online support meetings, podcasts/blogs, mobile apps, social media groups, and movie/video suggestions. HBF also has [The Daily Pledge](https://thedailypledge.org/) which is an online support community with chat rooms and places to hang out virtually with friends in recovery.

**Shatterproof**

“[How I’m Coping with COVID-19 and Social Isolation as a Person in Long-Term Recovery](https://protect2.fireeye.com/url?k=810d4a6b-dd5843bb-810d7b54-0cc47a6a52de-b9b8da1dc9e623c2&u=https://urldefense.proofpoint.com/v2/url?u=https-3A__www.shatterproof.org_blog_how-2Dim-2Dcoping-2Dcovid-2D19-2Dand-2Dsocial-2Disolation-2Dperson-2Dlong-2Dterm-2Drecovery&d=DwMFAg&c=tSLbvWYfvulPN3G_n48TUw&r=HK61svxWbgHC3OQfzYXC8M-bXSjKHJh9LJ1Xa2Ob9GE&m=c22xUXxUtBe9HV6b5q-gwX3fb_QhEHmoIDTJfxOCmLs&s=fBQFiWKC5VEvQzBkGQLZ1AOCT0nFETxfBRxecqAe0k4&e=)” provides helpful suggestions of what to do (exercising, reaching out, praying, meditating, focusing on breathing, listening to music, doing projects you’ve been putting off) and what NOT to do (extended time on social media, negative self-talk, eat too much unhealthy food, watch the news 24/7).­­­­

**Peer Support Warm Lines hosted through Maryland’s Wellness and Recovery Center Networks**

Maryland’s Wellness and Recovery Centers offer warm line services for the individuals who have non-urgent behavioral health needs in their jurisdiction. The warm lines are maintained by Peer Recovery Specialists who are able to provide peer support services over the phone.

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| **Jurisdiction/Program** | **Warm Line Hours** | **Phone Number** |
| **(Allegany) Hope Station** | Mon–Fri | 8AM–4PM EST | (240) 362–7168 |
| **(Carroll) OOO Carroll Co** | Mon–FriSat & Sun | 9AM–5PM EST10AM–4PM EST | (443) 372–2800 |
| **(Frederick) OOO Frederick County** | Mon–Sat | 12PM–6PM EST | (301) 620–0555 |
| **(Garrett) Mountain Haven**  | Mon–Fri | 9AM–5PM EST | (301) 334–1314 |
| **(Kent) Recovery in Motion**  | Mon–Fri | 9AM–5PM EST | (443) 282–4611 |
| **(Montgomery) Silver Spring WRC**  | Mon–Sat  | 1PM–6PM EST | (240) 278–2621 |
| **(Wicomico) Lower Shore Friends** | Mon–Fri | 10AM–5PM EST | (410) 334–2173 |
| **(Washington) Soul Haven** | Mon–Fri | 11AM–5PM EST | (301) 707–6267 |