

## **RESOURCE LIST**

[www.intheroms.com](http://www.intheroms.com)

This is an online resource for any mutual aid groups that are held worldwide starting at 6am to midnight (SMART Recovery meetings end earlier than midnight)

[www.na.org](http://www.na.org)

Check the meeting finder tab to check about announcements for local meetings

<https://virtual-na.org>

This is for phone or virtual Narcotics Anonymous meetings

[www.aa.org](http://www.aa.org) or [www.aaboston.org](http://www.aaboston.org)

Check for local closures and there will a link posted by the end of the day for virtual meetings

[www.SmartRecovery.org](http://www.SmartRecovery.org)

This is the direct website for SMART Recovery

[www.helplinema.org](http://www.helplinema.org)

This is the resource we went through yesterday in group supervision

<https://www.middlesexda.com/opioid-initiatives/pages/covid-19-opioid-task-force-resources>

<https://www.bmc.org/addiction/covid-19-recovery-resources>

In spite of the public health crisis, social service agencies are doing their best to continue to provide critical services to those who need them. Many of these organizations are offering online and phone support as many of their in-person services have been suspended.

National Alliance on Mental Illness (NAMI) continues to run support groups via telephone. The number for all meetings is 508-206-8720 and no password is required. For more information, email [jmaguire@namimass.org](mailto:jmaguire@namimass.org). Meetings are Monday (6:30PM), Wednesday (7:30PM) and Saturday (10AM). You can find information on these critical programs here: <https://namimass.org/online-and-phone-support-options/>

Well Connection is a program available for those who have Blue Cross/Blue Shield Health Insurance. Users can speak live with medical professionals for both medical and psychiatric concerns. Meetings are confidential and secure, and doctors are available 24/7. Users can sign up here: <https://wellconnection.com/landing.htm>

Eliot Community Human Services offers a variety of services including mental health, children, youth and family services; emergency psychiatric services, homelessness services, and brain injury services. <http://www.eliotchs.org/>

Depression and Bipolar Support Alliance offers online support groups for those living with depression and bipolar disorder. These groups are peer-led and are available for young adults, friends, and family members. You can find more information here: <https://www.dbsalliance.org/.../chapte.../online-support-groups/>

With many AA and NA groups unable to meet in person, many organizations have begun to hold meetings virtually with apps such as Zoom and GoToMeeting. For more information: <http://aa-intergroup.org/directory.php>  
<https://newperspectivesfl.com/blog/sobriety-apps/>  
[https://www.aa.org/pages/en\\_US/options-for-meeting-online](https://www.aa.org/pages/en_US/options-for-meeting-online)

To help support individuals in recovery from substance use disorder, Addiction Policy Forum has partnered with CHESS Health to launch the Connections App, a free smartphone app that is scientifically proven to support patients in recovery by reducing relapse and promoting pro-social engagement. <https://www.addictionpolicy.org/connections-app>

National Suicide Prevention Lifeline is available 24/7 for those either in distress or who have a family member or friend who is struggling by calling 1-800-273-8255  
<https://suicidepreventionlifeline.org/>

## Recovery Support

**In The Rooms** - <https://www.intherooms.com/home/>

The world's largest, online social network for the global recovery community. In The Rooms is for people already in recovery, those seeking immediate help from any addiction, and for the families, friends, and allies of loved ones who are affected by substance use disorder. Scroll to the bottom right for a long list upcoming live meetings.

**SMART Recovery** [www.smartrecovery.org](http://www.smartrecovery.org)

A science based addiction support group where we learn self-empowering skills and support each other in our recovery.

**Recovery Dharma** [recoverydharma.org/online-meetings](http://recoverydharma.org/online-meetings)

Using Buddhist practices and principles to heal the suffering of addiction.

**Alcoholics Anonymous** [AAintergroup.org/directory](http://AAintergroup.org/directory) – Browse the online meeting directories.

**Narcotics Anonymous** [Virtual-na.org](http://Virtual-na.org) – Browse the online meeting directories

**Marijuana Anonymous** [Marijuana-anonymous.org/find-a-meeting](http://Marijuana-anonymous.org/find-a-meeting) – Browse the online directories

**Gamblers Anonymous** [Gamblersanonymous.org](http://Gamblersanonymous.org)

**7cups** [7cups.com](http://7cups.com)

Offers free emotional support. No matter what you are going through you will be heard and cared for. 24/7 chat.

**Women for Sobriety** –<https://womenforsobriety.org/> (website) <https://wfsonline.org/> (online meetings)

Helps women gain hope and encouragement with other women in similar circumstances. Offering tools to a healthier lifestyle.

**Lifering** [Lifering.org](http://Lifering.org)

Organization of people who share practical experiences and sobriety support, and embraces what works for individual. On line meetings offered.

## Family Support

**In The Rooms** - <https://www.intherooms.com/home/>

The world's largest, online social network for the global recovery community. In The Rooms is for people already in recovery, those seeking immediate help from any addiction, and for the families, friends, and allies of loved ones who are affected by substance use disorder.

**Smart Recovery Family** [Smartrecovery.org/family](http://Smartrecovery.org/family)

**Learn to Cope** <https://www.learn2cope.org/>

**Al-anon** [Al-anon.org/electronic-meetings](http://Al-anon.org/electronic-meetings)

## Additional Recovery Resources

**Massachusetts Addiction Recovery Software** <https://www.marsi.org/open-beds/>

Up to date list of available detox beds. Updates throughout the day.

**SAMHSA National Helpline** (Substance Abuse and Mental Health)

<https://www.samhsa.gov/>

(800) 662-4357

**Massachusetts Substance Use Helpline** <https://helplinema.org/> Offers 24/7 drugs and alcohol help (800)-327-5050

**National Suicide Prevention Lifeline** (800)-273-8255