

# COVID-19 RESOURCES



## INDIVIDUALS WITH A SUBSTANCE USE DISORDER

### **GET HELP NOW HOTLINE** • [1-800-662-HELP \(4357\)](tel:1-800-662-HELP)

A 24 hours a day, 7 days a week, 365 days a year hotline staffed by trained professionals who will stay on the phone with the caller until a treatment provider with an opening is identified.

In addition to the hotline, text and chat options are available.

Text: [717-216-0905](tel:717-216-0905) • Chat: [bit.ly/GHNchatline](https://bit.ly/GHNchatline)

### **ONLINE RECOVERY MEETINGS**

Many organizations are offering online meetings while social distancing is being recommended.

- 12Step Forums [online AA meeting](#).
- Alcoholics Anonymous [telephone meetings](#) and [audio/video meetings](#).
- Chronic Pain Anonymous [video meetings](#).
- Cocaine Anonymous [voice and email meetings](#).
- LifeRing Secular Recovery [online meetings](#).
- Narcotics Anonymous [online meetings](#).
- Pro-A List of [online recovery meetings](#).
- SAFE Campuses Collegiate Recovery Leadership Academy [meetings](#).
- SAMHSA [virtual recovery resources](#).
- SMART Recovery holds daily [online meetings and forums](#).
- Unity Recovery is offering eight daily [online meetings](#).

Unity Recovery created [guidelines](#) for digital recovery meeting hosts, co-hosts, and chat moderators.

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### FREE PODCASTS

- Center for Motivation and Change: [The Beyond Addiction Show](#)
- Hazelden Betty Ford - [Let's Talk: Addiction and Recovery Podcasts](#)
- Pennsylvania Public Media - [Battling Opioids podcast](#)
- SobrieTea Party - [Recovery Rocks podcast](#)

### MOBILE APPLICATIONS

- [RecoveryLink](#): Daily recovery meetings, physical activities, meditations, and more via your smartphone or computer.
- [Connections Mobile App](#): Addiction Policy Forum's app will help connect you with trained counselors and peers, e-therapy, and more.
- [WEconnect app](#): Help with staying active in recovery.

### OTHER ONLINE RESOURCES

- This [Shatterproof blog](#) provides helpful suggestions to keep your recovery a priority during social distancing.
- CDC [guidance for residents](#) of shared/congregate housing facilities.

### WAYS TO SUPPORT YOURSELF

Coping with stress will make you, the people you care about, and your community stronger. Try these tips from the [CDC](#):

