GET HELP NOW HOTLINE • 1-800-662-HELP (4357)

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.

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.
INDIVIDUALS WITH A SUBSTANCE USE DISORDER

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:

- Take a break from news & social media
- Take care of your body
- Connect with others
- Make time to unwind

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.