



Staying connected in recovery: Virtual meetings and online resources

Meetings are key to staying connected with others who share your recovery journey. It may be comforting to know that when you can't be there in person, meetings are available online. Use the information below to find links to virtual meetings and other recovery support.

Go online to reach out, and keep coming back.

VIRTUAL RECOVERY PROGRAMS

Alcoholics Anonymous: Offers online support.

Website: aa-intergroup.org

Cocaine Anonymous: Offers online support and services.

Website: ca-online.org

LifeRing: LifeRing Secular Recovery offers online support.

Website: lifering.org/online-meetings

In The Rooms — Online Recovery Meetings: Provides online support through live meetings and discussion groups.

Website: intherooms.com

Marijuana Anonymous: Offers virtual support.

Website: ma-online.org

Narcotics Anonymous: Offers a variety of online and Skype meeting option.

Website: na.org/meetingsearch

Refuge Recovery: Provides online and virtual support.

Website: refugerecovery.org

Self-Management and Recovery Training (SMART) Recovery: Offers global community of mutual support groups and forums, including a chat room and message board.

Website: smartrecovery.org

Sobercity: Offers an online support and recovery community.

Website: sobercity.com

Sobergrid: Offers an online platform to help anyone get sober and stay sober.

Website: sobergrid.com

Al-Anon: Online support for anyone affected by alcoholism in a friend or family member.

Website: al-anon.org

Nar-Anon: Support for anyone affected by addiction in a friend or family member.

Website: nar-anon.org

VIRTUAL RECOVERY RESOURCES FOR SUBSTANCE USE AND MENTAL HEALTH

The National Alliance for Mental Illness (NAMI) Helpline Coronavirus Information and Resources Guide:

Website: bit.ly/NAMIresource

Shatterproof: “How I’m Coping with COVID-19 and Social Isolation as a Person in Long-Term Recovery” provides helpful suggestions.

Website: bit.ly/shatterproof-coping

The Chopra Center: “Anxious About the Coronavirus? Here Are Eight Practical Tips on How to Stay Calm and Support Your Immune System.”

Website: bit.ly/Chopra-calm

SAMHSA’s Disaster Distress Helpline:

Toll-Free English and español: 1-800-985-5990

SMS (English): Text TalkWithUs to 66746

SMS (español): “Hablanos” al 66746 TTY: 1-800-846-8517

Website (English): disasterdistress.samhsa.gov

Website (español): disasterdistress.samhsa.gov/espanol

SAMHSA’s National Helpline

Toll-Free: 1-800-662-HELP (4357)

Treatment Referral Information Service

Website (English and español): samhsa.gov/find-treatment

National Suicide Prevention Lifeline (Toll-Free)

Toll-Free English: 1-800-273-TALK (8255)

Toll-Free español: 1-888-628-9454 TTY: 1-800-799-4TTY (4889)

Website (English): suicidepreventionlifeline.org

Website (español): suicidepreventionlifeline.org/gethelp/spanish

SAMHSA Disaster Technical Assistance Center:

Toll-Free: 1-800-308-3515

Email: DTAC@samhsa.hhs.gov

Website: samhsa.gov/dtac

Note: Inclusion or mention of a resource in this fact sheet does not imply endorsement by the Center for Mental Health Services, the Substance Abuse and Mental Health Services Administration, or the U.S. Department of Health and Human Services.

Optum does not recommend or endorse any treatment or medications, specific or otherwise. The information provided is for educational purposes only and is not meant to provide medical advice or otherwise replace professional advice. Consult with your clinician, physician or mental health care provider for specific health care needs, treatment or medications. Certain treatments may not be included in your insurance benefits. Check your health plan regarding your coverage of services.

If you are experiencing thoughts of suicide or if this is urgent and an emergency, call 911 or 1-800-SUICIDE (784-2433) or 1-800-273-TALK (8255).

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