

For folks in recovery who cannot attend in-person meetings:

ONLINE RECOVERY RESOURCES/MEETINGS:

<https://unityrecovery.org/digital-recovery-meetings> Offering online recovery support groups which will be available four times daily at 9AM, 12PM, 3PM, and 9PM EST.

<https://www.12step.org/social/online-meetings/> Offers a variety of online meetings and various other outside resources

<https://www.AA-intergroup.org> Offers online meetings with specialized topics with a variety of meeting formats (i.e. chat, text, e-mail, etc.)

https://www.addictionrecoveryguide.org/.../on.../online_meetings Offers a variety of online communications, including chat rooms, message boards, etc. They also offer online media and online meetings with specific meeting topics (i.e. cocaine anonymous)

<https://www.intherooms.com/home/> Offers online meetings with specialized topics. They have multiple modalities, including 12 step, non-12 step, over all wellness, and overall mental health.

<https://www.lifering.org/> Provides online meetings using Zoom. They already have a set schedule for all 7 days of the week with various speakers already scheduled.

<https://na-recovery.org> Offers a recovery chat rooms using text chat. They also provide other recovery resources such as testimonies, readings, etc.

<https://nachatroom.org> Offers daily online meetings with 24/7 text chat with other members. They also offer a variety of extra resources, such as meditation for NA, relapse prevention, and other recovery-oriented resources.

<https://NAvoices.com> Specifically a narcotics anonymous forum and recovery community that uses text chat, Skype, and phone calls

<https://www.smartrecovery.org/> Offers online meetings and an online community with message boards and a chat room

<https://stepchat.com> Offers a variety of meetings based on an already set schedule using text chat

<https://womenforsobriety.org/community/#> Offers online support with open forums where women can share and seek support 24/7 plus text messaging support schedules 2 times a day. They also offer phone support.