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.

• List of online recovery meetings from Pro-A: bit.ly/2w9Ufdr
• Eight daily meetings from Unity Recovery: bit.ly/UnityRCOmtgs
• Alcoholics Anonymous online intergroup: bit.ly/AAintergroup
• Narcotics Anonymous online meetings: bit.ly/2IWqVd4

OTHER ONLINE RESOURCES

• 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, access e-therapy, & more.
• WEconnect app: Helps with scheduling routines to stay active in recovery.
• This Shatterproof blog provides helpful suggestions to keep your recovery a priority during social distancing.
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