



COVID-19 and Mental Health Resources: Substance Use Recovery¹

For more fact sheets in this series, visit Pacific Southwest Mental Health Technology Transfer Center (PS MHTTC) [COVID-19 and Mental Health Resources](#). For resources and virtual events from across the MHTTC Network, visit [Responding to COVID-19](#).

SAMHSA Resources

- **[Addiction Technology Transfer Centers \(ATTC\) Network](#)**
Resources on addiction for behavioral health providers, including in the [Pacific Southwest](#) region.
- **[Coronavirus \(COVID-19\)](#)**
Continually updated page of guidelines and resources from SAMHSA. Addresses topics for clinicians and providers such as managing patients' withdrawal, opioid treatment programs and quarantine, and telemedicine for medication-assisted treatment.

Resources for Those in Recovery (not peer-/community-based)

- **[Virtual Recovery Resources](#)**
Resource list from SAMHSA.
- **[SMART \(Self-Management and Recovery Training\)](#)**
Science-based tools and mutual support meetings for those in recovery and their loved ones. Also offers an online forum.
- **[Recovery Speakers](#)**
Inspirational and supportive recordings of speakers from different 12-step fellowships.

12 Step Meetings

- **[12-Step.org](#)**
Online meeting calendar at various recovery-related websites.
- **[Online Intergroup of Alcoholics Anonymous](#)**
Portal to hundreds of online AA meetings happening worldwide, including groups in [Spanish](#) and other languages and groups for specific populations ([women](#), [young people](#), [LGBTQ](#), [secular](#), etc.).

¹ **Note:** resources do not necessarily reflect the opinions of the Pacific Southwest Mental Health Technology Transfer Center or SAMHSA. Inclusion on this list does not imply endorsement.

- **Virtual NA: Virtual Meetings**
Searchable databases of online and phone-based Narcotics Anonymous meetings in multiple languages, including ASL. Select the “Formats” drop-down menu to find online or phone meetings specifically.
- **Narcotics Anonymous Virtual Meetings**
Links to web- and phone-based NA meetings.
- **Cocaine Anonymous**
Email-based and voice (VoIP) meetings.
- **Marijuana Anonymous**
Phone and virtual meetings.
- **Nicotine Anonymous**
Phone and online meetings.

Other Meetings

- **In The Rooms**
Free online recovery tool that offers 130 weekly online meetings, embracing multiple pathways to recovery (12 step, non-12 step, health and wellness).
- **Lionrock: Online AA Meetings and Drugs & Alcohol Support Meetings**
Virtual 12-step, Al-Anon, Buddhism-based, and other meetings for those in recovery and their loved ones. Currently offering a COVID-19 anxiety group. Lionrock provides online substance abuse counseling as well.
- **LifeRing Secular Recovery**
Online meetings for shared sobriety support.
- **Herren Project**
Nightly meetings open to all in recovery, regardless of substance or path to recovery.
- **Recovery Dharma Online**
Meetings for those in recovery using Buddhist practice.
- **Refuge Recovery**
Meetings for those in recovery using Buddhist practice.

Online Forums

- **Soberocity**
Social network, resources, and news for those seeking treatment or in recovery.
- **Women for Sobriety**
Online 24/7 message board as well as daily online text chats.

- **Sober Recovery**
Online forum for people in recovery and their loved ones.

Sobriety and Recovery Apps

- **SoberGrid**
Large mobile sober community and free tool for giving and receiving community support. 24/7 peer support.
- **Connections**
Free, research-based mobile app to access e-therapy and peer support, track treatment plans, journal about recovery, and more.
- **CheckUp & Choices**
Mobile and online app developed to accompany SMART Recovery.
- **Recovery Path**
Suite of interconnected, research-based apps for people in recovery, treatment professionals, recovery peer supports, and family and friends.
- **Meeting Guide**
App from Alcohol Anonymous World Services, Inc., to facilitate finding 12-step meetings.
- **NA Meeting Search**
Mobile tool on **iOS** and **Android** for finding Narcotics Anonymous meetings.

For Family and Friends

- **SMART Recovery Family and Friends**
Provides science-based tools for supporting loved ones in recovery. In-person trainings and meetings as well as an online community.
- **AI-Anon Electronic Meetings**
Search tool for finding videoconference, email-based, and text-based AI-Anon meetings (for people who are worried about a friend or loved one's drinking).
- **Learn2Cope**
Peer-led meetings for family members dealing with addiction and recovery.