



vital
Improving Wellness in Alabama

YOUR RECOVERY IS IMPORTANT: VIRTUAL RECOVERY RESOURCES

Introduction

Since the coronavirus outbreak began in the US, we have been encouraged to self-quarantine and practice social distancing in an effort to limit the spread of this disease. However, it is important to remain socially connected to continue moving forward in recovery. Virtual resources are vital for individuals in recovery during this time.

This resource guide includes both local and national resources that can be used to virtually support recovery from substance use and mental disorders.

Virtual Recovery Programs

- **Alcoholics Anonymous:** Offers online support <http://aa-intergroup.org/>
- **Cocaine Anonymous:** Offers online support and services <https://www.ca-online.org/>
- **LifeRing:** LifeRing Secular Recovery offers online support <https://www.lifering.org/online-meetings>
- **In The Rooms - Online Recovery Meetings:** Provides online support through live meetings and discussion groups <https://www.intherooms.com/home/>
- **Marijuana Anonymous:** Offers virtual support <https://ma-online.org/>
- **Narcotics Anonymous:** Offers a variety of online and skype meeting options <https://www.na.org/meetingsearch/>
- **Reddit Recovery:** Offers a virtual hang out and support during recovery <https://www.reddit.com/r/REDDITORSINRECOVERY>
- **Refuge Recovery:** Provides online and virtual support <http://bit.ly/refuge-recovery1>
- **Self-Management and Recovery Training (SMART) Recovery:** Offers global community of mutual-support groups, forums including a chat room and message board <https://www.smartrecovery.org/community/>
- **SoberCity:** Offers an online support and recovery community <https://www.soberocity.com/>
- **Sobergrid:** Offers an online platform to help anyone get sober and stay sober <https://www.sobergrid.com/>
- **Soberistas:** Provides a women-only international online recovery community <https://soberistas.com/>
- **Sober Recovery:** Provides an online forum for those in recovery and their friends and family <https://www.soberrecovery.com/forums/>
- **We Connect Recovery:** Provides daily online recovery groups for those with substance use and mental illness <https://www.weconnectrecovery.com>
- **Unity Recovery + WEconnect + Alano Club:** Providing daily virtual meeting for those in recovery and for their family members <https://unityrecovery.org/digital-recovery-meetings>

RECOVERY RESOURCES AND SUPPORTS

- **The National Alliance for Mental Illness (NAMI) HelpLine** Coronavirus Information and Resources Guide
<http://bit.ly/NAMIresource>
- **Hazelden Betty Ford Foundation** contains online support meetings, blogs, mobile apps, social media groups, and movie suggestions, including the online support community, The Daily Pledge:
<https://www.hazeldenbettyford.org>
- **Shatterproof:** “How I’m Coping with COVID-19 and Social Isolation as a Person in Long-Term Recovery” provides helpful suggestions
<http://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.” <http://bit.ly/Chopra-calm>

Local Resources

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<https://vitalalabama.com>

Alabama Department of Mental Health (ADMH)

Toll Free: 1-800-367-0955

<https://mh.alabama.gov>

Alabama Department of Public Health (ADPH)

Toll Free: 1-800-252-1818

<https://www.alabamapublichealth.gov>

Recovery Organization of Support Specialists (ROSS)

(205) 848-2112

<https://www.rosshelpline4u.org>

Other Helpful Resources & Hotlines

SAMHSA’s Disaster Distress Helpline

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

SMS: Text TalkWithUs to 66746

SMS (español): “Hablanos” al 66746

TTY: 1-800-846-8517

Website (English):

<http://www.disasterdistress.samhsa.gov>

WEBSITE (ESPAÑOL):

<https://www.samhsa.gov/disaster-distress-helpline/espanol>

SAMHSA’s National Helpline

Toll-Free: 1-800-662-HELP (24/7/365 Treatment Referral Information Service in English and español)

Website: samhsa.gov/find-help/national-helpline

National Suicide Prevention Lifeline

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

Toll-Free (español): 1-888-628-9454

TTY: 1-800-799-4TTY (4889)

Website (English):

<http://www.suicidepreventionlifeline.org>

Website (español):

<https://suicidepreventionlifeline.org/help-yourself/en-espanol/>

Treatment Locator Behavioral Health

Treatment Services Locator Website:

<http://findtreatment.samhsa.gov/locator/home>

For help finding treatment 1-800-662-HELP (4357) <https://findtreatment.gov/>

SAMHSA Disaster Technical Assistance Center

Toll-Free: 1-800-308-3515

Email: DTAC@samhsa.hhs.gov

Website: <http://www.samhsa.gov/dtac>



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