

Virtual Addiction Resources

Due to COVID-19, many organizations have changed how they are providing services or may be temporarily closed. Call, or check the service website, for additional information.

RESOURCE	INFORMATION	WEBSITE
GROUPS/MEETINGS & ONLINE FORUMS		
12 Step AA Online Meetings	Alcoholics Anonymous meetings via email, chat room, audio/visual, discussion forums and telephone	http://aa-intergroup.org/directory.php
CannabisRehab.org	Free online drug rehab that welcomes anyone struggling with addiction	www.cannabisrehab.org
Cocaine Anonymous	CA meetings via email, chat room, audio/visual, discussion forums and telephone	www.ca-online.org
HAMS Harm Reduction Network	Peer-led support and informational group for harm reduction via chat room, email, live meetings, forums	www.hams.cc
In the Rooms	Recover tool offering 130 weekly online meetings	www.intherooms.com
myRecovery	Social networking community and resource center for addiction recovery including audio/video files, 12-step meetings, recovery blog, video chat	www.myrecovery.com
Narcotics Anonymous	NA meetings via email, chat room, audio/visual, discussion forums, and telephone	www.na.org
SMART Recovery	Includes message boards, chat rooms, online meetings	https://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/
Sober Recovery	Online recovery blogs and forum	www.soberrecovery.com/forums
The Daily Pledge	Recover chat meetings every Wednesday	www.thedailypledge.org
EDUCATIONAL TOOLS		
Renascent	Free recovery resources including podcasts, onling meetings, blogs, supportive online communities	www.renascent.ca/free-recovery-resources
SMART Recovery	Online library of recovery resources	https://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/
The Daily Pledge	Free community social site provides a home page to make a daily pledge to sobriety with healthy daily activities	www.thedailypledge.org