

Online Resources for Substance use Disorders during COVID-19



Supporting our wellness during COVID-19

This fact sheet is part of Thunderbird Partnership Foundation's commitment to provide culturally-grounded and strength-based supports for First Nations people during COVID-19. These resources can provide guidance as our communities navigate the current global health crisis, while continuing to face existing health challenges, including substance use and mental health issues.

The following online resources for substance use disorders can provide support while we continue to keep our distance during the COVID-19 pandemic.

12 STEP ONLINE MEETINGS

A directory of online Alcoholics Anonymous meetings in various formats, including email, chat room, audio/video, discussion forums, and telephone.

Alcoholics Anonymous

<http://aa-intergroup.org/directory.php>

Cocaine Anonymous

<https://www.ca-online.org/>

Narcotics Anonymous

<https://www.na.org/meetingsearch>

AA SOBER LIVING

Online recovery help for those in all stages of recovery, family, friends and loved ones including message boards, chats, blogs, daily & weekly readings.

www.aasoberliving.com

SMART RECOVERY

This website includes message boards, chat rooms, online meetings, and an online library of recovery resources.

www.aasoberliving.com

IN THE ROOMS

A free online recovery tool that offers 130 weekly online meetings for those recovering from substance use and related issues. They embrace multiple pathways to recovery, including all 12-Step and non 12-Step wellness and mental health methods.

<https://www.intherooms.com/home/>

THE DAILY PLEDGE

This is Hazelden Betty Ford Foundation's free online community social site. It provides a home page to make a daily pledge to sobriety with healthy daily activities to help people see others recover out loud. The site also includes a discussion forum, chat, online meetings, fun & photo sections, private messaging with other members, and other interactive involvements. You need to sign up to participate.

<https://thedailypledge.org/>

MY RECOVERY

This is a free social networking community and resource centre for those in alcohol and drug addiction recovery. Similar to other social networking community sites such as Facebook, My Recovery offers a full profile system with a real time wall, with the ability to add photos and videos. People can display as much or as little information about themselves as they wish, including participating anonymously. There is also a live public video chat as well as an open forum section where users can post on a number of topics. Members can also create their own groups.

My Recovery has a resource section with audio files, a comprehensive 12-step meetings search to help people find meetings in their area, a live online video meetings sections, a recovery blog, and the latest news on addiction and an assessment section.

www.myrecovery.com

SOBER RECOVERY

The directory of this recovery resource covers a wide variety of categories: Newcomers, Ask the Experts, General Forums, Alcoholism (AA, Al-Anon, ACOA), Drug Addiction (NA, Nar-Anon), Family and Friends, Mental Health and much more.

www.soberrecovery.com/forum

CANNABISREHAB.ORG

This free online drug rehab group was originally set up just to help those trying to quit cannabis, but they now welcome anyone struggling with harmful drug use.

www.cannabisrehab.org

HAMS HARM REDUCTION NETWORK

HAMS is a free of charge peer-led support group for people who want to reduce the harm in their lives caused by alcohol or other substances. HAMS offers support via a chat room, an email group, and live meetings. HAMS supports every goal from safer use to reduced use, to abstinence from alcohol. Their daily chat is scheduled for 9 PM Eastern, 6 PM Pacific.

<https://hams.cc>