



If you need help, treatment is available

New Hanover County: 910-343-0145 Brunswick County: 910-754-4515 Pender County: 910-259-0668

Online Support for those in Recovery

For those in recovery, there are still online support resources currently available

For those seeking a community for Alcohol

Recovery:

Alcoholics Anonymous*

www.AA-intergroup.org

(Online meetings every Wednesday, Friday and Sunday at 8pm, as well as other meetings available at other days/times)

For those seeking a community for Narcotics

Recovery:

Narcotics Anonymous*

www.VirtualNA.org

(NA online meetings at varying days/times)

Women-Only Recovery Resource:

Soberistas*

www.soberistas.com

(Women-only international online recovery community)

For those seeking a community for Other

Specialized Recovery:

Cocaine Anonymous*

www.ca-online.org

(Cocaine recovery online support)

Marijuana Anonymous*

www.ma-online.org

(Marijuana recovery online support)



For those seeking a community for All Inclusive Recovery

Reddit Recovery*

www.reddit.com/r/REDDITORSINRECOVERY

(Offers a virtual platform for support)

Self-Management and Recovery Training (SMART) Recovery*, **

<https://www.smartrecovery.org/community/>

(Science-based mutual support group; utilizes the power of choice. Abstinence based. SMART Recovery Meetings)

Unity Recovery*, **

<https://unityrecovery.zoom.us/my/allrecovery>

(Unity Recovery All Recovery Meeting (Online) 9am, 12p, 3p & 9pm DAILY -- Non-Denominational all-inclusive recovery community organization)

In The Rooms-Online Recovery Meetings*, **

<https://meetings.intherooms.com/>

(12-Step program AA and NA meetings hosted online)

Choice In Recovery**

<http://choiceinrecovery.net/resources/>

(Multiple Pathways, links to resources and Meetings)

Refuge Recovery*

<https://refugerecovery.org/meetings?tsml-day=any&tsml-region=online-english>

(A Buddhist inspired path to recovery. Incorporates mindfulness and meditation)

LifeRing*

<https://www.lifering.org/online-meeting-schedule>

(Self-help, secularity, and sobriety. Abstinence based)

Sober Recovery*

www.soberrecovery.com/forums

(Online forum for those in recovery, as well as friends and family resources)

SoberCity*

www.sobercity.com

(Online support and recovery community)

Sobergrid*

www.sobergrid.com

(Online platform to anyone trying to get sober and/or stay sober)

We Connect Recovery*

www.weconnectrecovery.com/free-online-support-meetings

(Daily online recovery group meetings)

For those seeking a community for Family Members of those going through recovery

Families Anonymous

<https://www.familiesanonymous.org/>

(12 step fellowship for the family and friends of those individuals with drug, alcohol or related behavioral issues)

Al-Anon

<https://al-anon.org/>

(Support group for people affected by another person's alcohol addiction)

Alateen

<https://al-anon.org/newcomers/teen-corner-alateen/>

(Subsidiary of Al-Anon for teens affected by a loved one's alcoholism)

*Sources derived from SAMHSA document

<https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf>

**Sources derived from APNC update from 3/27

www.apnc.org

*, ** Sources found on both APNC and SAMHSA lists