



# Online Support Groups During COVID-19 Shutdown

The coronavirus pandemic has put severe stress on millions of people in recovery for substance use issues, as well as on friends and family who are trying to stand by them. In response, many organizations are quickly making virtual meetings and counseling available on numerous platforms, almost all of which are free.

## Free Apps

### Connections

Evidence-based app to help track sobriety and connect with supportive peers and counselors.

### I Am Sober

Popular, well-regarded app for planning and maintaining recovery.

### SoberGrid

Large online sober-support community and peer counseling.

## For People Struggling with Drugs and Alcohol

### Substance Abuse and Mental Health Services Administration

Federal hotline offering referrals to local treatment and support services.

### Narcotics Anonymous

Meetings worldwide for people struggling with drugs. Directory of online meetings, using Zoom, Skype and other platforms.

### SMART Recovery

Abstinence-based international organization that uses a cognitive behavioral therapy tool kit. Has directory of online meetings.

### AA-Alcoholics Anonymous

The worldwide 12-step abstinence program has extensive online resources.

### Recovery Dharma

This organization uses Buddhist practices and principles to support individuals in recovery. Directory of daily online meditations and meetings.

### Women for Sobriety

Dedicated to helping women recover from substance use disorders, with online gatherings.

## For Those Who Support People in Recovery

### Onslow County Opioid Family Member Support Group

Online meetings on the 1st and 3rd Wednesdays of the month at 6 pm. Anyone interested in joining can contact Kelli Knapp at (910)-353-0972.

### Families Anonymous

Offers online 12-step meetings for family and friends with a loved one struggling with drugs, alcohol, and related behavioral problems.

### SMART Recovery Friends and Family

This secular, cognitive behavioral-based program offers online meetings for families and friends of someone recovering from substance abuse.

### Al-Anon

Using a 12-step focus, this organization offers online and phone meetings for those whose friends and relatives struggle with alcohol use disorder; among other substances.

For more resources, visit

[www.onslowcountync.gov/1641/](http://www.onslowcountync.gov/1641/)

Overdose-Prevention-and-Response

