

# Online/Phone Resources for Recovery Support, Parenting, and COVID-19

## Compiled by Institute for Health and Recovery

### RECOVERY SUPPORTS

**Institute for Health and Recovery** continues to accept referrals for behavioral health services.

- Call the Intake line at 857-285-6264

IHR also has a Pinterest page: **Coronavirus and Taking Care of Ourselves"** This board is meant to serve as a place where users can learn about how/why a history of smoking, vaping, and substance misuse may increase the risks of COVID-19.

<http://www.pinterest.com/healthrecovery>

**The MA Smokers' Helpline** can be accessed online and/or by phone.

1-800-QUIT-NOW

<http://makesmokinghistory.org/quit-now/what-is-the-helpline/>

<https://ma.quitlogix.org/en-US>

**The Mass. Substance Use Helpline** continues to offer referrals and general information about SUD, as well as links to resources available during the COVID-19 crisis

<https://helplinema.org/covid-19-resources-for-ma/>

**Shatterproof** has a variety of links regarding addiction and support during COVID-19

<https://www.shatterproof.org/COVID19>

## **Online/Phone Meetings**

### **Alcoholics Anonymous**

AA Phone Meetings <http://aaphonemeetings.org/>

AA Western MA Intergroup Virtual Meetings <https://westernmassaa.org/aa-meeting-schedules>

AA en Espanol [https://aa-intergroup.org/languages/index\\_es.html](https://aa-intergroup.org/languages/index_es.html)

AA Boston <https://aaboston.org/>

AA Search by State: [https://www.aa.org/pages/en\\_US/find-aa-resources](https://www.aa.org/pages/en_US/find-aa-resources)

AA Intergroup <http://aa-intergroup.org/>

AA Online Group <https://www.onlinegroupaa.org/>

The Token Shop maintains a list of online meetings that is updated regularly. You can search by day and time and they include the topics of specific meetings: [https://www.thetokenshop.com/Online\\_AA\\_Meetings](https://www.thetokenshop.com/Online_AA_Meetings)

**Pause a while** Free conference calls for AA meetings at 2pm every day

- Dial in number: 425-436-6360
- Access Code: 422932

**A Virtual Awakening** Closed online AA meetings for women, trans, and non-binary people

Sun, Mon, Wed, Fri at 8:30pm EST, Thurs 1:00pm EST

<https://zoom.us/j/4822208285>

### **Narcotics Anonymous**

New England Region of Narcotic Anonymous Virtual Meeting list: <https://nerna.org/nerna-virtual-meetings/>

Phone meetings: [www.nabyphone.com](http://www.nabyphone.com)

Global Online meetings: <https://virtual-na.org/>

Free NA Speaker Streaming 24-7 [www.naspeaker.com](http://www.naspeaker.com)

Never Alone Club Online Meetings <https://www.neveraloneclub.org/>

NA in Multiple Languages: <https://virtual-na.org/meetings/>

**Cocaine Anonymous** offers online support and services

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

### **Gamblers Anonymous**

Massachusetts Hotline Number: 855-2CALLGA (855-222-5542), GA virtual Meeting on In the Rooms and <http://newenglandga.com/> hosting phone meeting every night of the week from 9:00-11:00 PM Eastern time. Phone Number 712-770-4160 – Access Code 611704#.

**Marijuana Anonymous** <http://marijuana-anonymous.org/find-a-meeting/>

### **Nicotine Anonymous**

[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org) - has many online and telephone meetings, with a list available on the website

**Recovery Speakers:** Listen to recovery speakers from many different 12 step groups

[www.recoveryspeakers.com](http://www.recoveryspeakers.com)

**Embark Recovery:** Daily 12pm & 6 pm in English and **12:30 and 5:30 in Spanish)**

<https://www.embarkreco.com/events>

**Herren Project:** Variety of meetings, including Women's Meeting Tuesdays at 7:30PM

<https://herrenproject.org/recovery-meeting/>

**In the Rooms:** online meeting at 9am, 12pm, 3pm, 6pm, 9pm. These are “all recovery” meetings and any pathway or programs are welcome.

<https://www.intherooms.com/home/category/community-and-meetings/>

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

**LifeRing Secular Recovery** is an organization of people who share practical experiences and sobriety support, and embraces what works for individual.

<https://www.lifering.org/online-meetings>

**Lion Rock Recovery:** Variety of support groups every day of the week

<https://www.lionrockrecovery.com/online-aa-meetings-and-support-groups>

**Recovery Dharma** has meetings using Buddhist practice

<https://recoverydharma.online/>

**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/refugerecovery1>

**SMART Recovery**

<https://www.smartrecovery.org/community/> has a wide variety of online resources

<http://www.smartne.org/meetings.html>: has a listing of meetings but also a link for online meetings

**SoberCity** offers an online support and recovery community

<https://www.sobercity.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 Mommies:** online support group for moms in recovery

<https://sobermommies.com/groups/online-support/>

**Sober Recovery** provides an online forum for those in recovery and their friends and family

<https://www.soberrecovery.com/forum>

**WEconnect and Unity Recovery** - 4 times daily 7 days a week (9am,12pm,3pm,9pm EST)

Join directly from computer or smart phone - [unityrecovery.zoom.us/my/allrecovery](https://unityrecovery.zoom.us/my/allrecovery)

➤ [unityrecovery.zoom.us/my/allrecovery](https://unityrecovery.zoom.us/my/allrecovery)

**Women for Sobriety** –<https://womenforsobriety.org/> (website) <https://wfsonline.org/> (online meetings)

Helps women gain hope and encouragement with other women in similar circumstances. Offering tools to a healthier lifestyle.

# Online Resources to Support Your Recovery

Scan the QR code below to go directly to the type of support you are looking for.

1. Online AA Meetings



2. Recovery Dharma Online Meetings



3. In the Rooms Online Support



4. Al-Anon Electronic Meeting List



5. Online Group AA Meetings



6. Substance Abuse and Mental Health Services Website



7. Virtual Narcotics Anonymous Meetings



8. Smart Recovery Online



9. Never Alone Club – 24 Hour Chat and Support



10. Narcotics Anonymous by Phone



11. Marijuana Anonymous Online Meetings



12. Connections App – tools to support early recovery



13. The Herren Project – Recovery Meetings



14. AA speaker tape and 12 steps – iPhone App



15. Smokefree – Tools and Support to Quit Smoking



## **RECOVERY APPS (download to your smartphone via app store/google play/website)**

- Sober Grid - App Store
- Celebrate Recovery - App Store
- Smart Recovery - [www.smartrecovery.org](http://www.smartrecovery.org)
- **Connections** smartphone app to support recovery  
<https://www.addictionpolicy.org/connections-app>



**MEETING GUIDE** is a free mobile app focused on helping people find A.A. meetings and resources near them. Also included are DAILY REFLECTIONS – a selection of reflections by and for A.A. members.



**NA MEETING SEARCH** is a free mobile app developed to help find an NA meeting. It can use your current location to display the meetings nearest you. Daily JUST FOR TODAY meditations are also bundled in this app. <http://www.nabyphone.com/>



**RECOVERY PATH** is a free mobile app is designed to allow people to navigate their own path to sustained recovery, share progress with others, and receive support.

## **Facebook Recovery Groups (logon to Facebook, search group, ask to join)**

- CLEAN AND SOBER - Addiction Recovery Support Group
- Daily Reflections AA
- Massachusetts Organization of Addiction Recovery
- Methadone & Buprenorphine Discussion and support
- MIPSAs-Methadone Information & Patient Support Network
- Mommy Group
- Recovery Soldiers
- Send it! (Recovery Network)
- Sober Mommies
- Virtual Recovery – Meetings At Home
- Voices To End Addiction & Inspire Recovery
- Women in AA

## **RECOVERY CENTER FACEBOOK PAGES**

**A New Way Recovery Center**, Quincy

<https://www.facebook.com/A-New-Way-Recovery-Center-447672198690167/>

**Alyssa's Place Peer Recovery Center**, Gardner

<https://www.facebook.com/Alyssas-Place-Peer-Recovery-and-Resource-Center-1036671136361774/>

**Devine Recovery Center**, South Boston

<https://www.facebook.com/DevineRecoveryCenter>

**Everyday Miracles Peer Recovery Center**, Worcester

<https://www.facebook.com/EDMPeers>

**Peer 2 Peer Recovery Support Center**, Fall River  
<https://www.facebook.com/P2PRSC/>

**Hope for Holyoke Recovery Center**, Holyoke--provides multiple online groups and a puppet show for kids every Tuesday

<https://www.facebook.com/HFHRC/>

**Living in Recovery**, Pittsfield

<https://www.facebook.com/Living-In-Recovery-102917867894826/>

**New Beginning Recovery Center**, Lawrence

<https://www.facebook.com/New-Beginnings-1400295300266527/>

**No One Walks Alone (NOWA) PRSC**, Whitinsville

<https://www.facebook.com/NOWARSC/SC>

**Northampton Recovery Center**, Northampton

<https://www.northamptonrecoverycenter.org/calendar>

**PIER Recovery Center** of Cape Cod, Hyannis

<https://www.facebook.com/Pier-Recovery-Center-of-Cape-Cod-1214021491947603/>

**Plymouth Recovery Center**, Plymouth

<https://www.facebook.com/PlymouthRecoveryCenter/>

**Stairway to Recovery**, Brockton

<https://www.facebook.com/Stairway2Recovery>

**STEPRox Recovery Support Center**, Roxbury

<https://www.facebook.com/StepRoxRecoverySupportCenter>

**The RECOVER Project**, Greenfield

<https://www.facebook.com/TheRECOVERProject>

**The Recovery Connection**, Marlborough

<https://www.facebook.com/therecoveryconnection.org>

**Turning Point Recovery Center**, Walpole

<https://www.facebook.com/Turning-Point-Recovery-Center-100326408019268/>

## **FREE YOGA AND FITNESS**

**Phoenix Gym** offers a range of FREE virtual exercise classes (meditation, yoga, CrossFit, etc. for people in recovery. Every 2 hours from 7 am - 9pm <https://thephoenix.org/virtual/>

**Down Dog Yoga:** <https://www.downdogapp.com/>

**Trauma-informed Yoga/The Trauma Institute in Boston:** <https://www.traumasensitiveyoga.com/online-tctsy.html>

**Peloton App** (offering free trial for 90 days, no bike)

**Alo Yoga:** <https://www.youtube.com/channel/UCJEi1foUiGOBzzQM3QA2H5A>

## **SUPPORTS FOR FAMILIES WITH A LOVED ONE WITH SUD**

**Al-anon** Electronic meetings for anyone affected by alcoholism in a family member or friend

[Al-anon.org/electronic-meetings](http://Al-anon.org/electronic-meetings)

**Allies in Recovery** Online support for families dealing with a loved one's addiction, using the evidence-based CRAFT method (Community Reinforcement and Family Training ); free for Massachusetts residents.

<https://alliesinrecovery.net/>

**Learn to Cope**

<https://www.learn2cope.org/>

**Smart Recovery Family**

[Smartrecovery.org/family](http://Smartrecovery.org/family)

## **PARENTING/FAMILIES**

**Breastfeeding Warmline:** Breastfeeding support from trained and experienced peers

Call: 857-301-8259

Or email: [Breastfeedingboston@gmail.com](mailto:Breastfeedingboston@gmail.com)

**Children's Trust** has resources about COVID-19, as well as links to online parent groups and play groups

<https://onetoughjob.org/>

**Families First** has a variety of resources on their website

<https://www.families-first.org/resources/>

**Heart Association** provides a list of 25 ways for kids to get moving at home

[https://www.heart.org/en/healthy-living/fitness/getting-active/25-ways-to-get-moving-at-home-infographic?utm\\_campaign=fyi\\_newsletter&utm\\_medium=email&utm\\_source=govdelivery](https://www.heart.org/en/healthy-living/fitness/getting-active/25-ways-to-get-moving-at-home-infographic?utm_campaign=fyi_newsletter&utm_medium=email&utm_source=govdelivery)

**Hello It's Me** is a Facebook group for families that are pregnant and close to delivery or home with a newborn during COVID-19

<https://www.facebook.com/groups/204741563956171/>

**Kids Activities Blog** has lots of suggestions for things kids can do while stuck at home

<https://kidsactivitiesblog.com/category/stuck-at-home/>

**Mass Home Visiting Initiative** sends out a regular newsletter about COVID-19 resources. You can subscribe by emailing Maxene Spolidoro at: [maxene.spolidoro@state.ma.us](mailto:maxene.spolidoro@state.ma.us)

**"Meals for Kids" Interactive Map** directs people to local sites where kids can get free meals. The site finder currently lists more than 20,000 meal sites from 23 states, and more sites will be added as states submit data each week. The map is available in both English and Spanish at

[www.fns.usda.gov/meals4kids](http://www.fns.usda.gov/meals4kids).

### **National Parent Helpline**

1-855-4APARENT (1-855-427-2736)

**Parenting Journey** is creating an emergency fund and families can request a stipend (it's not required that you have attended any PJ groups, any families in need of assistance are welcome to apply) for those impacted financially by the COVID-19 crisis.

<https://parentingjourney.org/it-takes-a-village-emergency-fund/>

### **Parents Helping Parents**

Parental Stress Line (available 24/7): 1-800-632-8188

Online Support Groups occurring every day but schedule changes week to week

Check the website for schedule: <https://www.parentshelpingparents.org/>

- Click this link to join the meeting by computer or smartphone: <https://zoom.us/j/6607380697>
- No Computer, Dial in by phone: 1-646-558-8656 then input the meeting id 6607380697#

**Sober Mommies:** online support group for moms in recovery

- <https://sobermommies.com/groups/online-support/>



**The Neighborhood: A Virtual Hub for LGBTQ+ Families** has links for virtual events for LGBTQ+ parents/families

<https://www.familyequality.org/neighborhood/>

**Vital Village Network** has links to many online resources, including where to get food.

<https://www.vitalvillage.org/data-dashboard/customize/covid-19-resources>

**William James Colleges** Events Page has links to online parent groups and playgroups

<https://www.williamjames.edu/community/resource-hub/public-events-calendar.cfm>

## **COVID-19 Resources**

Call 2-1-1- with general questions about COVID-19

**COVID-19 FAQs from mass.gov**

<https://www.mass.gov/info-details/frequently-asked-questions-about-covid-19>

Sign up for text alerts containing new information and announcements by texting COVIDMA to 888-777

**Taking care of your behavioral health during COVID-19 (from SAMHSA)**

<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

**CDC Information about preparing your family**

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/index.html>

**Talking to children about Covid-19**

[Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#) (available in multiple languages)  
[Supporting Kids During the COVID-19 Crisis](#)

**Just for Kids: A Comic Exploring the New Coronavirus**

<http://www.caprado.org/articles/2020/03/07/just-for-kids-a-comic-exploring-the-new-coronavirus/>

**Time to come in, Bear (a short video for young children about physical distancing)**

[https://www.youtube.com/watch?v=DA\\_SsZFYw0w&fbclid=IwAR38adgHsKi7U0LYE33HFhVXP4rJPDcS-6zY\\_JytF\\_1JwylWll7IbK\\_FM7Y](https://www.youtube.com/watch?v=DA_SsZFYw0w&fbclid=IwAR38adgHsKi7U0LYE33HFhVXP4rJPDcS-6zY_JytF_1JwylWll7IbK_FM7Y)

**Coping/Managing Stress**

[Mental Health and Coping During COVID-19](#)

**COVID-19 and Managing Stress** (especially for people with PTSD)

[https://www.ptsd.va.gov/covid/COVID\\_managing\\_stress.asp](https://www.ptsd.va.gov/covid/COVID_managing_stress.asp)

**How to Avoid Passing Anxiety on to Your Kids**

[https://childmind.org/article/how-to-avoid-passing-anxiety-on-to-your-kids/?utm\\_source=newsletter&utm\\_medium=email&utm\\_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm\\_campaign=Weekly-03-16-20](https://childmind.org/article/how-to-avoid-passing-anxiety-on-to-your-kids/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-03-16-20)

**National Child Traumatic Stress Network** resource on helping parents talk to children about COVID-19, as well as ideas about activities to do at home

[https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak\\_factsheet\\_1.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf)

link to same in multiple languages:

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

Simple Activities for Children and Adolescents

[https://www.nctsn.org/sites/default/files/resources/fact-sheet/simple\\_activities\\_for\\_children\\_and\\_adolescents\\_4.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/simple_activities_for_children_and_adolescents_4.pdf)

**Link for small children from ZERO TO THREE**

<https://www.zerotothree.org/resources/3210-tips-for-families-talking-about-the-coronavirus>

**Link Boston + MA COVID19 Resources**

[https://docs.google.com/document/d/1-x6vOZKVsla5H363mtdgcyivvLmcx7-f2s6l-O\\_ba8A/mobilebasic](https://docs.google.com/document/d/1-x6vOZKVsla5H363mtdgcyivvLmcx7-f2s6l-O_ba8A/mobilebasic)

## **OTHER RESOURCES**

**7cups** offers free emotional support. No matter what you are going through you will be heard and cared for. 24/7 chat.

<https://www.7cups.com/online-therapy/>

### **Cory Johnson Program for Post-Traumatic Healing**

**Can We Talk?** provides opportunities for people to share their stories of trauma and loss, and to heal together By phone, Every Thursday night at 6:30pm

For information about meeting call-in information, check on Facebook:

[https://www.facebook.com/events/376326353045038/?event\\_time\\_id=376326383045035](https://www.facebook.com/events/376326353045038/?event_time_id=376326383045035)

### **Crisis Text Line**

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

**Department of Mental Health** has an online directory of organizations in Massachusetts that offer linguistically and culturally appropriate mental health and related services for communities of color, LGBTQ community, immigrants, and refugees.

<https://www.mass.gov/lists/dmh-multicultural-mental-health-resource-directory>

**Futures Without Violence** has a variety of resources for survivors of/people experience sexual assault/domestic violence, as well as resources for programs

<https://www.families-first.org/resources/>

### **Local Crisis Hotlines**

- Northampton CSO 413-586-5555
- Greenfield CSO 413-774-5411
- Holyoke BHN 413-532-8016
- Springfield BHN 413-733-6661

**Massachusetts Emergency Services Program/Mobile Crisis Intervention (ESP/MCI)** can be contacted for those in emotional/behavioral health crisis without having to go to an emergency room

[1-877-382-1609](tel:1-877-382-1609)

For contact information by region:

<https://www.mass.gov/info-details/emergency-services-program-contact-information>

**National Domestic Violence Hotline** offers help to people experiencing violence in their home during COVID-19 restrictions. There is a hotline, texting service, and webchat service.

<https://www.thehotline.org/2020/03/13/staying-safe-during-covid-19/>

### **National Suicide Prevention Lifeline**

- 800-273-8255

**Network of Care Massachusetts** enables you to search for behavioral health providers throughout Massachusetts

<https://massachusetts.networkofcare.org/mh/>

**Project Bread's FoodSource Hotline** provides up-to-date information– in multiple languages – about what is happening in school districts and what resources are available, such as SNAP application assistance, and referrals to open community resources.

The FoodSource Hotline can be reached at 1-800-645-8333 or

by chat at [Gettingsnap.org](https://gettingsnap.org)

**Samaritans:** Helpline remains open 24/7 for calls and texts at

➤ 877-870-4673

**SAMHSA National Helpline**

➤ 800-662-4357

<https://www.samhsa.gov/find-help/national-helpline>

**Jewish Family and Children's Services has a page devoted to COVID-19 resources**

<https://www.jfcsboston.org/COVID-19/COVID-19-Resources>

They also maintain links that are available to the public with resource information. Some of them duplicate the resources above. The advantages of using these links is that they are updated in real time, so you don't have to wait to receive an updated document. **The first link below is a particularly good resource for understanding what is happening with public benefits programs and basic needs.**

**COVID-19 Concrete Needs Resources and Supports (DTA, SNAP, Housing etc)**

<https://public.3.basecamp.com/p/fqFWz4R5xUj3o5XQIWcfj9N9>

**Online/Virtual Recovery Supports**

<https://public.3.basecamp.com/p/eETWixRCPBr7iJ5PAqE4QiUP>

**Online Parenting Support Groups/Childbirth/Breastfeeding/Postpartum**

<https://public.3.basecamp.com/p/xajXU3qd19CN6igT2Xe2uouu>

**Parenting Activities/Things to do with Kids**

<https://public.3.basecamp.com/p/KjX9ieiruTEMxpW1kqNanaw8>

**Resources for Talking with Children about COVID-19**

<https://public.3.basecamp.com/p/PgHq2RhUK5eqcZcAL41kqxD>

**Working From Home/Self Care**

<https://public.3.basecamp.com/p/cu4ChakPKxCkCc91HHSfJR7w>

**Massachusetts SUD and Mental Health Resources PDF COVID-19 (PDF)**

<https://public.3.basecamp.com/p/Rkv2NsgK3PDgZi3nUW1KxE9G>

**Massachusetts Law Reform Institute Food Assistance Guidelines**

<https://public.3.basecamp.com/p/cJLXNB8aDL4mxbgGTP2inwg7>

**Large online recovery group list with QR codes**

<https://public.3.basecamp.com/p/NMCH42A7eYyE1EtVGbLphc6o>

**23 page PDF of AA Meetings online**

<https://public.3.basecamp.com/p/nXKzbpPvxWYSXKoeGsxv3LPB>

**Massachusetts Health Connector extended enrollment (until April 25, 2020) info**

<https://public.3.basecamp.com/p/KAUGY3RVz9BCaq5PeKNC357p>