

Resources for Recovering People During The COVID-19 Pandemic

Given recent events and an effort to keep folks “safe” yet still urging folks to build upon their Recovery you may find the following suggestions Helpful.

Recovery “APPS”

“In the Rooms” - This app has online meetings for AA, NA, Overeaters Anonymous, GA and other support groups. It was reported there a way to get verification of meeting attendance from the moderator.

“I Am Sober” - This app offers both free and paid resources including tracking how long you have been sober, pledges to complete and support links.

“Meeting Guide” - This app is done by AA Intergroup for the US. It lists all AA meetings that have been registered in the U.S. It also has a news section where you can find a link to <https://www.aa-intergroup.org/> where there is a link to a list of online AA meetings.

Instructions to get started: https://www.aa-intergroup.org/downloads/Getting_Started_Jun06.pdf

Directory of Online Meetings - <https://www.aa-intergroup.org/directory.php>

For Hearing Impaired there are instructions here: https://www.aa-intergroup.org/downloads/deaf_hoh.pdf

“NA Meeting Search” - This app will download a database of meetings and it includes both Virtual, Phone and Physical meetings by location. The app also has the daily reading from; Just For Today NA World Service News, NA Info, Surveys, And a place to set preferences

It also has a link to Narcotic Anonymous World Service. <https://www.na.org/meetingsearch>

“Sober Time – Sober Day Counter and Clean Time Clock” - This app includes a sober day counter, Sober Community, Daily Motivational Messages, Tracks Money saved, Goals & Milestones, and Relapse Statistics (In App Purchases)

“Recovery Path: Addiction Recovery & Addiction Help” - This app has a way to link with your sponsor & sober support groups, A meeting finder for AA, NA, CA, & Smart Recovery

“Sober Tool – Alcoholism, Addiction, Sobriety Help” - This app has different tools for tracking sobriety, relapse prevention, daily messages, community forum journaling and a “Fun Game To Avoid Relapsing.”

“12 Step Guide Narcotics Anonymous” - This app gives a step by step explanation of the of the NA program.

“Addiction Quotes” – This app has “Many Great Quotes about addiction.”

“AA 12 Step App – Steps Toolbox” – This app has several tools for working the steps and includes the first 164 pages of The Big Book of AA. (Now with in app sponsorship)

“Inspirations” – This app has daily meditations from several meditation guides published by Hazelton.

There are many more apps that include meditations and recovery tools to helps stay sober/clean

Web Based Meetings

NA Meetings - <https://www.na.org/meetingsearch>

AA Directory of Online Meetings - <https://www.aa-intergroup.org/directory.php>

Smart Recovery - <https://www.smartrecovery.org/community/calendar.php> You can get verification of meeting attendance but you must register! <https://www.smartrecovery.org/community/join.php> This site has a Meeting Verification Link also. There is a long verification process to get your account going fully but then you have access to all of the links online.

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

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

Refuge Recovery (A Buddhist Inspired Path to Recovery from Addiction) <https://refugerecovery.org/>

Recovery Dharma Online: Healing from Addiction with Buddhist Principles -

[https://docs.google.com/spreadsheets/d/13sb_3p0pX-](https://docs.google.com/spreadsheets/d/13sb_3p0pX-WLMnQP9kOszR1WE5LeeeamycD_carKn0g/edit?fbclid=IwAR0SDCNveP04oBDeXJf5_PXBGMQCqKr1GYUf0fggixcGZISmH92mb1HkR6A#gid=1720303593)

[WLMnQP9kOszR1WE5LeeeamycD_carKn0g/edit?fbclid=IwAR0SDCNveP04oBDeXJf5_PXBGMQCqKr1GYUf0fggixcGZISmH92mb1HkR6A#gid=1720303593](https://docs.google.com/spreadsheets/d/13sb_3p0pX-WLMnQP9kOszR1WE5LeeeamycD_carKn0g/edit?fbclid=IwAR0SDCNveP04oBDeXJf5_PXBGMQCqKr1GYUf0fggixcGZISmH92mb1HkR6A#gid=1720303593)

Reformers Unanimous (RU) - <https://rurecovery.com/covid/>

Sex Addicts Anonymous - <https://saa-recovery.org/>

Sexaholics Anonymous » Find a Meeting - <https://www.sa.org/meetings/>

Gamblers' Anonymous - <http://www.gamblersanonymous.org/>

ALCOHOLISM RECOVERY ONLINE SUPPORT GROUPS / www.12stepforums.net

SUPPORT GROUPS ONLINE FOR ALCOHOLISM / www.cyberrecovery.net

ONLINE SUPPORT GROUPS ADDICTION AND RECOVERY / www.sobrietyengine.com

Computer Gaming Addicts Anonymous - <https://cgaa.info/online-meetings/>

Videos that may be available on YouTube, or Netflix etc.

Father Martin (Videos on Relapse, 12 steps, addiction etc.)

"Chalk Talks..." https://youtu.be/Vdb59uwWt_0

"Recovery and Forgiveness" <https://youtu.be/8j-f5b6j4k>

"Step One" <https://youtu.be/flbAn16mglI>

"Step Two" <https://youtu.be/XovojiZG6cE>

"Step Three" <https://youtu.be/tdQ87pgDICU>

"Steps 4-5" <https://youtu.be/icUxKoxJs50>

Mark Lundholm—Humor in Treatment and other videos

https://www.youtube.com/playlist?list=PLSQ3_njo3eFwWuX8eLHnJQXtckBzA_uVn

Michael Johnson - Set-up For Relapse - <https://www.youtube.com/watch?v=-bHechjv8fQ>
Process of Recovery - <https://www.youtube.com/watch?v=FA5SYUbl3hk>
How You Got Here - <https://www.youtube.com/watch?v=uBGUZ8ht6jo>
