



Covid-19 has created many challenges. The fear of rising numbers, economic downturn, and increased isolation have resulted in added life stress for many. Social distancing policies have disrupted many aspects of everyday life. This can create challenges, particularly for those in recovery from substance use disorders (SUD) who rely on mutual aid support groups as important recovery tools. Although many groups are not meeting in person, there are plenty of options available online through video conferencing platforms.

Research has shown that mutual aid groups such as AA and NA are vital to SUD recovery, with rates of abstinence approximately twice as high for those who attend (Kaskutas, 2009). In the midst of these ever-changing times, virtual mutual aid groups are a valuable resource allowing individuals to continue to get the support and tools they need for lasting recovery. Listed below are several links to virtual AA and NA groups.

VIRTUAL AA MEETING RESOURCES:

- https://www.aa.org/pages/en_US/options-for-meeting-online
- Online Intergroup of Alcoholics Anonymous: <https://aa-intergroup.org/oiaa/meetings/>
- Online Intergroup: <https://aa-intergroup.org/directory.php>
- Recovery Centers of America Virtual AA and NA meetings: <https://recoverycentersofamerica.com/recovery-resources-during-coronavirus/virtual-na-and-aa-meetings/>
- Tri-County Intergroup: <http://www.triangleaavirtual.com/>
- 12Step.org: <https://www.12step.org/social/online-meetings/>

VIRTUAL NA MEETING RESOURCES:

- Virtual NA: <https://virtual-na.org/>
- Live the NA Steps: <https://www.livethenasteps.online/>
- 12Step.org: <https://www.12step.org/social/online-meetings/>
- Recovery Centers of America Virtual AA and NA meetings: <https://recoverycentersofamerica.com/recovery-resources-during-coronavirus/virtual-na-and-aa-meetings/>



- Narcotics Anonymous Live: <https://narcoticsanonymouslive.org/index.php/live-online-video-meetings>
 - Capital Area Narcotics Anonymous: <https://capitalareancna.com/meeting-schedule>
 - CaroliNA Region: <http://www.crna.org/area-service-committees/capital-area-meeting-schedule/>
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IPHONE/ANDROID APPLICATIONS

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

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