

Addiction and Recovery Resources/Support During Covid-19

Aggregated by [PACEs Connection](#) and [ACEs Too High](#)

Please use and share this information as it is appropriate for you and those you know. While ACEs Connection staff has collected these resources, most of which are free, this list is by no means comprehensive. We hope it may provide a starting point for you or a loved one dealing with the stress of childhood trauma and/or substance abuse addiction or addictive behaviors, now compounded by the global pandemic. Each description of service was provided by the service referenced.

SAMHSA:

- [SAMHSA's National Helpline](#): 1-800-662-HELP (4357), (also known as the Treatment Referral Routing Service) or TTY: 1-800-487-4889 is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and [other](#) information.
- [SAMHSA online treatment locators](#).
- [Taking Care of your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](#): A handout from SAMHSA with self-care tips and resources for help and support.

Alcoholics Anonymous (AA): AA phone meetings are listed by day (click on the day in the menu bar at the top of the website to see what is available). Times are in Eastern Standard Time.

- [AA near you](#)
- [AA groups using digital platforms to find sobriety during Coronavirus](#)

- [AA options for meeting online](#)
- [AA physically distanced but digitally connected](#)

Adult Children of Alcoholics (ACA): ACA provides a safe, nonjudgmental environment that allows us to grieve our childhoods and conduct an honest inventory of ourselves and our family—so we may (i) identify and heal core trauma, (ii) experience freedom from shame and abandonment, and (iii) become our own loving parents. The 14 Traits of an Adult Child, (is) known as [ACA Laundry List](#). If you identify with any of these Traits, you may find a home in our Program. We welcome you.

Al-Anon Electronic Meetings: Help and support for anyone affected by alcoholism in a family member or friend. Includes online and phone-based meetings.

Narcotics Anonymous (NA): Teleconference and phone meetings. Click on “Meetings” at the top to pull up a list of available options by day. See also [NA’s list of online meetings](#).

Debtors Anonymous: A 12 Step recovery program for people who want to stop incurring unsecured debt. Is your life unmanageable because of debt? Are you sick of bouncing checks, paying late fees, and having creditors knocking at your door? Debtors Anonymous offers hope for people whose use of unsecured debt causes problems and suffering in their lives and the lives of others.

Emotions Anonymous: We know this is a difficult time for everyone and are doing our best to shift EAI operations to accommodate the current world situation. Many groups are beginning to hold remote meetings. Please check the meeting locator for more information.

National Association for Children of Addiction (NACoA): Our mission is to eliminate the adverse impact of alcohol and drug use on children and families. We envision a world in which no child who struggles because of family addiction will be left unsupported.

NYT Online Help to Stay Sober During a Pandemic: Though face-to-face counseling and in-person group meetings have been suspended to curb the spread of the coronavirus, there are many virtual options newly available for support.

Online/Phone Recovery Support During COVID-19

Source: [University of Washington Alcohol & Drug Abuse Institute](#)

Many in-person 12-step and other recovery support meetings have been canceled because of COVID-19. Here are links and information about support you can access online or by phone. We will add to this list as we learn of new resources!

SMART Recovery: Offering online support meetings that can be accessed via phone or computer. To find online meetings, hover over “Find a Meeting” at the top and select “Search Online Meetings.”

Sex and Love Addicts Anonymous: A Twelve Step, Twelve Tradition oriented fellowship based on the model pioneered by Alcoholics Anonymous. The only qualification for S.L.A.A. membership is a desire to stop living out a pattern of sex and love addiction. S.L.A.A. is supported entirely through the contributions of its membership and is free to all who need it.

Additional Resources for Information and Support

Source: [Boston Medical Center](#)

Boston Medical Center compiling and updating regularly a list of COVID-19 Recovery Resources for people with substance use disorders. Includes general resources, individual resources, resources related to homelessness, and virtual support meeting links.

PACEs Connection Pandemic-Related Resources

- [ACEs in Education & COVID-19](#)
- [Parenting with ACEs in a Pandemic](#)
- [Practicing Resilience During Social Distancing](#)
- [Providing Healthcare in a Pandemic](#)

News Articles and Personal Stories About Recovery Support in a Time of Social Distancing:

- [How People in Addiction Recovery Are Dealing with the Isolation of COVID-19](#) by Tony Hicks (*Healthline*, 3/22/2020)
- [Addiction doc says: It's not the drugs. It's the ACEs...adverse childhood experiences](#) by Jane Stevens (*ACEs Too High*, 5/2/2017)
- [How Zoom is Keeping Me Sober](#) by Molly Jong-Fast (*Vogue*, 3/18/2020)
- [Recovery in the Time of Coronavirus](#) by Erica C. Barnett (*Huffington Post*, 3/16/2020)
- [“The Only Thing Missing Are Hugs”: How People Fight Addiction Amid Coronavirus Social Distancing](#) by Jayne O'Donnell (*USA Today*, 3/13/2020)
- [Amid Coronavirus, Recovery Community Urges: Even if you Skip 12-Step Meetings, Stay Connected](#) by Marisa Gerber (*LA Times*, 3/16/2020)
- [How to Stay Sober During a Global Pandemic](#) by Katie MacBride (*BuzzFeed*, 3/25/2020)
- [With Meetings Banned, Millions Struggle to Stay Sober on Their Own](#) by Jan Hoffman (*New York Times*, 3/26/2020)
- [For People in Addiction Recovery, the Isolation of COVID-19 Threatens Hard-Won Healing](#) by Sydney Brownstone (*Seattle Times*, 3/31/2020)