

# Don't let meeting cancellations affect your recovery

# ONLINE RECOVERY SUPPORT

## ONLINE MEETINGS /SUPPORT

### **Alcoholics Anonymous:**

[aa-intergroup.org/directory.php](http://aa-intergroup.org/directory.php)

### **Culpeper Recovery:**

facebook: [culpeperrecovery](https://www.facebook.com/culpeperrecovery)

### **In The Rooms:**

[intherooms.com/home/](http://intherooms.com/home/)

### **McShin Foundation:**

[mcshin.org/blog/get-in-the-herd-podcast/](http://mcshin.org/blog/get-in-the-herd-podcast/)

### **Narcotics Anonymous:**

[virtual-na.org](http://virtual-na.org)

### **Smart Recovery:**

[smartrecovery.org/community/](http://smartrecovery.org/community/)

### **Unity Recovery:**

[unityrecovery.org/digital-recovery-meetings](http://unityrecovery.org/digital-recovery-meetings)

## SUPPORT BY PHONE

### **RRCSB 24hr Crisis Line**

1-540-825-5656

### **Peer to Peer 24hr Line**

1-833-626-1490

### **Text 24hr Crisis Line**

text hello to 741741

### **Substance Abuse Hotline**

1-800-662-HELP

### **Suicide Prevention Lifeline**

1-800-273-8255

## APPS

AA Big Book

Calm

Celebrate Recovery

Connections

NA Speakers

Recovery Devotionals

Recovery Path

Sober Tool

7 Cups of Tea

## PODCASTS

McShin's Get in the Herd

Mother Recovering

This Naked Mind

Recovery Elevator

Sober Girl's Guide

That Sober Guy

## YOUTUBE CHANNELS

AA Speakers

Celebrate Recovery

Daily Calm 10 min meditations

NA Speakers

SMART Recovery

Find more recovery resources at: [culpeperoverdoseawareness.org](http://culpeperoverdoseawareness.org)

Provided in memory of Joseph Levi Fleming