

# Recovery Can Happen At Home

Online support during Covid-19

## Online Meetings

### Alcoholics Anonymous:

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

### Unaddictable (Culpeper Recovery):

Facebook: [Unaddictable](https://www.facebook.com/unaddictable)

### Daily Pledge:

[thedailypledge.org](http://thedailypledge.org)

### \*In The Rooms (all types of meetings):

[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/)

### Medication Assisted Recovery Anonymous:

[mara-international.org/zoommeetings](http://mara-international.org/zoommeetings)

### Narcotics Anonymous:

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

### RU Recovery Ministries (faith based):

[rurecovery.com](http://rurecovery.com)

### \*Smart Recovery:

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

### \*Unity Recovery:

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

### Women of Sobriety (non 12 step):

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

\*Can provide meeting confirmations if needed

## YouTube Channels

AA Speakers  
Celebrate Recovery  
NA Speakers  
SMART Recovery

## Misc Resources

Listen to the Big Book (AA): [recoveryzone.org/](http://recoveryzone.org/)  
Read the Big Book (AA):  
[aa.org/pages/en\\_US/alcoholics-anonymous](http://aa.org/pages/en_US/alcoholics-anonymous)  
Listen to AA Speakers: [recoveryaudio.org/](http://recoveryaudio.org/)  
Listen to Basic Text (NA): [spiritualprinciples.org/na-6th-edition-basic-text-audio/](http://spiritualprinciples.org/na-6th-edition-basic-text-audio/)  
Read the Basic Text (NA):  
[spiritualprinciples.org/BasicText.pdf](http://spiritualprinciples.org/BasicText.pdf)  
Recovery Today Magazine:  
[spiritualprinciples.org/BasicText.pdf](http://spiritualprinciples.org/BasicText.pdf)

## Physical & Mental Health

ROcovery Fitness offers workouts for those in recovery by those in recovery. On Facebook or: [www.rocoveryfitness.org/videos.html](http://www.rocoveryfitness.org/videos.html)  
Planet fitness is offering free daily workouts: [facebook.com/planetfitness/](https://www.facebook.com/planetfitness/)  
Daily Calm: 10 minute meditations ([YouTube](https://www.youtube.com/watch?v=...))  
Healing Nature: ([YouTube](https://www.youtube.com/watch?v=...))  
10 Minute Yoga to start or end your day: ([YouTube](https://www.youtube.com/watch?v=...))  
The Calm App: [calm.com](http://calm.com)  
Guided Prayers & Meditations: ([YouTube](https://www.youtube.com/watch?v=...))  
COVID-19 Anxiety Support Meetings:  
[lionrockrecovery.com](http://lionrockrecovery.com)

## APPS

AA Big Book  
Calm  
Celebrate Recovery  
NA Speakers  
Recovery Devotionals  
Recovery Path  
Sober Tool  
7 Cups of Tea

## Podcasts

McShin's Get in the Herd  
Mother Recovering  
This Naked Mind (primarily alcohol)  
Recovery Elevator (primarily alcohol)  
Sobercast (AA speakers)  
Sober Girl's Guide  
That Sober Guy

## Helplines & Hotlines

RRCSB 24hr Crisis Hotline **1-540-825-5656**  
Peer to Peer 24hr Warmline **1-833-626-1490**  
Text 24hr Crisis Line **text hello to 741741**  
Substance Abuse Hotline **1-800-662-HELP**  
National Youth Crisis Hotline **1-800-442-HOPE**  
Suicide Prevention Lifeline **1-800-273-8255**  
LGBTQ Trevor Project Lifeline **1-866-488-7386**  
Mental Health America of VA **1-866-400-6428**  
Live Chat [suicidepreventionlifeline.org/chat/](https://www.suicidepreventionlifeline.org/chat/)

Find links to these and more resources at:

[www.culpeperoverdoseawareness.org](http://www.culpeperoverdoseawareness.org)