



Recovery & Wellness Support Resources

March 24, 2020

The Maryland Department of Health (MDH) Behavioral Health Administration (BHA) continues to develop coordinated prevention and response plans for COVID-19. BHA will provide COVID-19 updates as they become available and accurate information for behavioral health providers, partners, and the greater community. For the latest COVID-19 information and resources, visit the [BHA website](#) or coronavirus.maryland.gov. For additional questions or concerns, contact your Local Behavioral Health Authority.

It is highly recommended that individuals that are seeking or living in recovery utilize peer groups and other recovery support services to maintain their wellness and aid in their recovery process. Traditionally these groups meet in person and require individuals to be in close proximity to one another. The COVID-19 pandemic is a significant societal stressor that can affect anyone who is in recovery or seeking recovery. We encourage people in recovery to stay connected to treatment resources, even if their treatment/support/recovery programs are either closed or offering reduced support. This can be a very vulnerable time for people in recovery, as it is for those who are not.

To assist people seeking support during this time, we have compiled the digital resources identified below, which offer diverse online support to individuals seeking connection and engagement during times of social distancing. Please use them and share them with your networks. (Should there be a statement that we are not endorsing any particular platform or resource)

Smart Recovery

[Self-Management And Recovery Training \(SMART\)](#) is a global community of mutual-support groups. At meetings, participants help one another resolve problems with any addiction (to drugs or alcohol or to activities such as gambling or over-eating). Participants find and develop the power within themselves to change and lead fulfilling and balanced lives guided by SMART's science-based and sensible 4-Point Program®.

Digital Recovery Meetings

[Unity Recovery + WEconnect + Alano Club](#) are now offering free virtual recovery meetings during the COVID-19 pandemic. They are now offering online recovery support groups which will be available five times daily at 9AM, 12PM, 3PM, 6PM, and 9PM EST. They are also offering one daily

family and loved one recovery support meeting at 8PM EST. All recovery meetings are non-denominational, agnostic to any specific recovery pathway, and are open to anyone.

- Video is optional but can be used
- Real names do not have to be used and are not required
- Audio can be muted, and you are not required to share
- Please be respectful of all participants just as you would in any other meeting or recovery space – we are all in this together

In The Rooms

[In The Rooms](#) is “a free online recovery tool that offers 130 weekly online meetings for those recovering from addiction and related issues. In The Rooms embraces multiple pathways to recovery, including all 12 Step, Non-12 Step, Wellness and Mental Health modalities.”

Narcotics Anonymous Online Meetings

“Narcotics Anonymous (NA) is a global, community-based organization with a multilingual and multicultural membership. NA was founded in 1953, and members hold nearly 67,000 meetings weekly in 139 countries today.”

Day/Time	Meeting ID	Meeting Format
Mon 7AM EST	https://zoom.us/j/756488015	JFT/Topic
Mon 12PM EST	https://bluejeans.com/375933012	Rotating
Tue 12PM EST	https://zoom.us/j/756488015	Topic/Spiritual Principles
Fri 10PM EST	https://zoom.us/j/756488015	Rotating
Fri 11PM EST	https://zoom.us/j/756488015	Ask It Basket
Fri 12PM EST	https://zoom.us/j/756488015	Step Working Guide Study
Sat 12PM EST	https://zoom.us/j/756488015	JFT/Topic
Sun 12PM EST	https://zoom.us/j/756488015	Steps & Principles

Additional NA Virtual Meetings

[CPRNA Meeting Schedule](#) - NA is a nonprofit Fellowship or society of men and women for whom drugs had become a major problem. They are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using.

Alcoholic Anonymous (AA) Online Meetings

[Alcoholics Anonymous](#) is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for AA membership is a desire to stop drinking. There are no dues or fees for AA membership; they are self-supporting through their own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to

engage in any controversy; neither endorses nor opposes any causes. Their primary purpose is to stay sober and help other alcoholics achieve sobriety.

Cocaine Anonymous

[Online Services for CA](#) - Cocaine Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from their addiction. The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances. There are no dues or fees for membership; they are fully self-supporting through their own contributions. CA is not allied with any sect, denomination, politics, organization, or institution. They do not wish to engage in any controversy and we neither endorse nor oppose any causes. Their primary purpose is to stay free from cocaine and all other mind-altering substances, and to help others achieve the same freedom.

LifeRing

[LifeRing Secular Recovery](#) is an organization of people who share practical experiences and sobriety support. There are as many ways to live free of drugs and alcohol as there are stories of successful sober people.

Marijuana Anonymous

[District 13](#) is an online fellowship of people who share their experience, strength, and hope with one another to solve common problems and help others to recover from pot addiction.

Reddit Recovery

[A place for redditors in recovery](#) to hang out, share experiences, and support each other. This is a place where individuals can discuss the various ways to achieve and maintain a life free from active addiction. Everyone is welcome.

Refuge Recovery

[Refuge Recovery](#) is grounded in the belief that Buddhist principles and practices create a strong foundation for a path to freedom from addiction. This program is an approach to recovery that understands: All individuals have the power and potential to free themselves from the suffering that is caused by addiction.

SoberoCity

[Soberocity](#) could be a great solution for individuals that are looking for an online community that occasionally has live events across the country.

Sobergrid

[Sobergrid](#) is a platform to help anyone get sober and stay sober. Some join to get support, others to give it. Each free download, post, and connection create an opportunity to stay sober while helping others do the same.

Soberistas

[Soberistas](#) is an international online recovery community, which makes it easy to connect with like-minded women who are friendly, non-judgmental, and helping each other kick the booze and stay sober.

Sober Recovery

[Sober Recovery](#) consists of forums that are a great place for people with substance use disorders to find assistance and helpful information. The community has more than 168,000 people who are recovering from substance use disorders and/or codependence, as well as their friends and family.

We Connect Recovery

[We Connect Recovery](#) are online recovery support groups that are available daily. They are open to anyone who is dealing with substance use, mental health concerns, disordered eating, as well as any other quality of life concerns. Everyone is welcome no matter their pathway to recovery or recovery status.

Gambler's Anonymous

The telephone conference call platform they are using has local access telephone numbers for 74 different countries. If calling from a foreign country, please use the appropriate email address to request the local calling numbers.

Day/Time	Call In Number	Access Code	Questions?
Sun 9PM EST	712-770-5338	836083#	Sunday9PMHelp@gmail.com
Mon 9PM EST	712-770-4925	554671#	Monday9PMHelp@gmail.com
Tue 9PM EST	712-770-4943	253824#	Tuesday9PMHelp@gmail.com
Wed 9PM EST	712-770-4160	611704#	Wednesday9PMHelp@gmail.com
Thu 9PM EST	712-770-4981	872853#	Thursday9PMHelp@gmail.com
Fri 9PM EST	712-770-4996	565094#	Friday9PMHelp@gmail.com
Sat 9PM EST	712-770-5335	491301#	Saturday9PMHelp@gmail.com

NAMI Support

The [NAMI Helpline Coronavirus Information and Resources Guide](#) may be a helpful resource for those with **mental health conditions**. This resource provides information about the pandemic, resources for support, warm line phone numbers, etc.

Online Resources from Hazelden Betty Ford

[“Tips for Staying Connected and Safeguarding Your Addiction Recovery”](#) by Hazelden Betty Ford (HBF) contains online support meetings, podcasts/blogs, mobile apps, social media groups, and

movie/video suggestions. HBF also has [The Daily Pledge](#) which is an online support community with chat rooms and places to hang out virtually with friends in recovery.

Shatterproof

“[How I’m Coping with COVID-19 and Social Isolation as a Person in Long-Term Recovery](#)” provides helpful suggestions of what to do (exercising, reaching out, praying, meditating, focusing on breathing, listening to music, doing projects you’ve been putting off) and what NOT to do (extended time on social media, negative self-talk, eat too much unhealthy food, watch the news 24/7).

Peer Support Warm Lines hosted through Maryland’s Wellness and Recovery Center Networks

Maryland’s Wellness and Recovery Centers offer warm line services for the individuals who have non-urgent behavioral health needs in their jurisdiction. The warm lines are maintained by Peer Recovery Specialists who are able to provide peer support services over the phone.

Jurisdiction/Program	Warm Line Hours	Phone Number
(Allegany) Hope Station	Mon–Fri 8AM–4PM EST	(240) 362–7168
(Carroll) OOO Carroll Co	Mon–Fri 9AM–5PM EST Sat & Sun 10AM–4PM EST	(443) 372–2800
(Frederick) OOO Frederick County	Mon–Sat 12PM–6PM EST	(301) 620–0555
(Garrett) Mountain Haven	Mon–Fri 9AM–5PM EST	(301) 334–1314
(Kent) Recovery in Motion	Mon–Fri 9AM–5PM EST	(443) 282–4611
(Montgomery) Silver Spring WRC	Mon–Sat 1PM–6PM EST	(240) 278–2621
(Wicomico) Lower Shore Friends	Mon–Fri 10AM–5PM EST	(410) 334–2173
(Washington) Soul Haven	Mon–Fri 11AM–5PM EST	(301) 707–6267