

SUBSTANCE USE SUPPORT AND RESOURCES FROM A DISTANCE

Virtual Meeting and Support

Alcoholics Anonymous – <http://aa-intergroup.org/>

Narcotics Anonymous – <https://virtual-na.org/>

Cocaine Anonymous – <https://www.ca-online.org/>

Marijuana Anonymous – <https://ma-online.org/>

Medication Assisted Recovery Anonymous -
<https://www.mara-international.org/zoommeetings>

SMART Recovery –
<https://www.smartrecovery.org/community/>

Women for Sobriety Online - <https://wfonline.org/>

Unity Recovery- Daily meetings, weekly LGBTQ+ meetings, weekly women's meetings
<https://unityrecovery.org/digital-recovery-meetings>

SAARA of Virginia - Recovery groups, Monday – Friday via Zoom: <https://www.saara.org/>

In the rooms - <https://www.intherooms.com/home/>

Safe Project - Weekly peer led veterans meeting every Thursday at 6 PM
<https://www.safeproject.us/article/announcing-veterans-all-recovery-meetings/>

LifeRing – <https://www.lifering.org/online-meetings>

Refuge Recovery –
<https://refugerecovery.org/meetings?tsml-day=any&tsml-region=online-english>

Online Communities/ Message Boards

Soberocity – A vibrant social network for the recovery and sober living community: <https://www.soberocity.com/>

The Daily Pledge - An online support community with chat rooms and places to hang out virtually with friends in recovery. <https://thedailypledge.org/>

Sober Recovery - The forums of Sober Recovery are a great place for people with substance use disorder to find assistance and helpful information. The community has more than 168,000 people who are recovering from substance use disorder and/or codependence, as well as their friends and family.
<https://www.soberrecovery.com/forums/>

Physical/Mental Health

ROcovery Fitness offers workouts for those in recovery by those in recovery <https://www.rocoveryfitness.org/>

Staying well during uncertain times
<https://health.arlingtonva.us/staying-well-during-uncertain-times/>

Daily Mindfulness Meditation, Monday – Thursday 12-12:30PM:
<https://securetelehealth.zoom.us/j/8246767349>

Daily Calm, 10 minute meditations:
https://www.youtube.com/playlist?list=PLgdxvG3Ulbidz8n_l3rZdcAADnDJ6NFHO

10 Minute Yoga
<https://www.youtube.com/user/yogawithkassandra/search?query=10+minute>

Naloxone/NARCAN

Arlington County DHS: For 10-minute trainings and free NARCAN through the mail, contact:
esigveland@arlingtonva.us

Additional sources of naloxone and trainings
<https://www.chrisatwoodfoundation.org/naloxone>
<http://www.dbhds.virginia.gov/behavioral-health/substance-abuse-services/revive/lay-rescuer-training>

Free Apps

Hazelden Apps free during COVID
<https://www.hazeldenbettyford.org/recovery/tools/apps>

AA Big Book	NA Speakers
Celebrate Recovery	Recovery Path
Sober Tool	Sober Grid
Incommon	OpiRescue

Hotlines

Arlington County Peer Run Warmline: 571-302-0327

24/7 Arlington County Emergency Services: 703-228-5160

Recovery Program Solutions of Virginia Peer warmline, Monday- Thursday, 4 – 11 PM: 703-817-6124

Virginia Warmline: Alive RVA – 1.833.4PEERVA

Substance Use Hotline: 1-800-662-HELP