Institute for Health and Recovery continues to accept referrals for behavioral health services.

Call the Intake line at 857-285-6264

IHR also has a Pinterest page: Coronavirus and Taking Care of Ourselves" This board is meant to serve as a place where users can learn about how/why a history of smoking, vaping, and substance misuse may increase the risks of COVID-19.

http://www.pinterest.com/healthrecovery

The MA Smokers' Helpline can be accessed online and/or by phone.

1-800-QUIT-NOW

http://makesmokinghistory.org/quit-now/what-is-the-helpline/
https://ma.quitlogix.org/en-US

The Mass. Substance Use Helpline continues to offer referrals and general information about SUD, as well as links to resources available during the COVID-19 crisis

https://helplinema.org/covid-19-resources-for-ma/

Shatterproof has a variety of links regarding addiction and support during COVID-19

https://www.shatterproof.org/COVID19
Online/Phone Meetings

Alcoholics Anonymous
AA Phone Meetings http://aaphonemeetings.org/
AA Western MA Intergroup Virtual Meetings https://westernmassaa.org/aa-meeting-schedules
AA en Espanol https://aa-intergroup.org/languages/index_es.html
AA Boston https://aaboston.org/
AA Search by State: https://www.aa.org/pages/en_US/find-aa-resources
AA Intergroup http://aa-intergroup.org/
AA Online Group https://www.onlinegroupaa.org/
The Token Shop maintains a list of online meetings that is updated regularly. You can search by day and time and they include the topics of specific meetings: https://www.thetokenshop.com/Online_AA_Meetings

Pause a while Free conference calls for AA meetings at 2pm every day
➢ Dial in number: 425-436-6360
➢ Access Code: 422932

A Virtual Awakening Closed online AA meetings for women, trans, and non-binary people
Sun, Mon, Wed, Fri at 8:30pm EST, Thurs 1:00pm EST https://zoom.us/j/4822208285

Narcotics Anonymous
New England Region of Narcotic Anonymous Virtual Meeting list: https://nerna.org/nerna-virtual-meetings/
Phone meetings: www.nabyphone.com
Global Online meetings: https://virtual-na.org/
Free NA Speaker Streaming 24-7 www.naspeaker.com
Never Alone Club Online Meetings https://www.neveraloneclub.org/
NA in Multiple Languages: https://virtual-na.org/meetings/

Cocaine Anonymous offers online support and services https://www.ca-online.org

Gamblers Anonymous
Massachusetts Hotline Number: 855-2CALLGA (855-222-5542), GA virtual Meeting on In the Rooms and http://newenglandga.com/ hosting phone meeting every night of the week from 9:00-11:00 PM Eastern time. Phone Number 712-770-4160 – Access Code 611704#.

Marijuana Anonymous http://marijuana-anonymous.org/find-a-meeting/

Nicotine Anonymous
www.nicotine-anonymous.org - has many online and telephone meetings, with a list available on the website

Recovery Speakers: Listen to recovery speakers from many different 12 step groups
www.recoveryspeakers.com

Embark Recovery: Daily 12pm & 6 pm in English and 12:30 and 5:30 in Spanish) https://www.embarkreco.com/events

Herren Project: Variety of meetings, including Women's Meeting Tuesdays at 7:30PM https://herrenproject.org/recovery-meeting/
**In the Rooms**: online meeting at 9am, 12pm, 3pm, 6pm, 9pm. These are “all recovery” meetings and any pathway or programs are welcome.

[https://www.intherooms.com/livemeetings/](https://www.intherooms.com/livemeetings/)

**LifeRing Secular Recovery** is an organization of people who share practical experiences and sobriety support, and embraces what works for individual.

[https://www.lifering.org/online-meetings](https://www.lifering.org/online-meetings)

**Lion Rock Recovery**: Variety of support groups every day of the week

[https://www.lionrockrecovery.com/online-aa-meetings-and-support-groups](https://www.lionrockrecovery.com/online-aa-meetings-and-support-groups)

**Recovery Dharma** has meetings using Buddhist practice

[https://recoverydharma.online/](https://recoverydharma.online/)

**Reddit Recovery** offers a virtual hang out and support during recovery

[https://www.reddit.com/r/REDDITORSINRECOVERY/](https://www.reddit.com/r/REDDITORSINRECOVERY/)

**Refuge Recovery** provides online and virtual support


**SMART Recovery**

[https://www.smartrecovery.org/community/](https://www.smartrecovery.org/community/) has a wide variety of online resources

[http://www.smartne.org/meetings.html](http://www.smartne.org/meetings.html): has a listing of meetings but also a link for online meetings

**SoberCity** offers an online support and recovery community

[https://www.sobercity.com/](https://www.sobercity.com/)

**Sobergrid** offers an online platform to help anyone get sober and stay sober

[https://www.sobergrid.com/](https://www.sobergrid.com/)

**Soberistas** provides a women-only international online recovery community

[https://soberistas.com/](https://soberistas.com/)

**Sober Mommies**: online support group for moms in recovery

[https://sobermommies.com/groups/online-support/](https://sobermommies.com/groups/online-support/)

**Sober Recovery** provides an online forum for those in recovery and their friends and family

[https://www.soberrecovery.com/forum](https://www.soberrecovery.com/forum)

**WEconnect and Unity Recovery** - 4 times daily 7 days a week (9am,12pm,3pm,9pm EST)

Join directly from computer or smart phone - unityrecovery.zoom.us/my/allrecovery

➢ [unityrecovery.zoom.us/my/allrecovery](https://unityrecovery.zoom.us/my/allrecovery)

**Women for Sobriety** -[https://womenforsobriety.org/](https://womenforsobriety.org/) (website) [https://wfsonline.org/](https://wfsonline.org/) (online meetings)

Helps women gain hope and encouragement with other women in similar circumstances. Offering tools to a healthier lifestyle.
# Online Resources to Support Your Recovery

Scan the QR code below to go directly to the type of support you are looking for.

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QR Code for The Herren Project
QR Code for AA speaker tape and 12 steps
QR Code for Smokefree
RECOVERY APPS (download to your smartphone via app store/google play/website)

➢ Sober Grid - App Store
➢ Celebrate Recovery - App Store
➢ Smart Recovery - www.smartrecovery.org
➢ **Connections** smartphone app to support recovery
  https://www.addictionpolicy.org/connections-app

MEETING GUIDE is a free mobile app focused on helping people find A.A. meetings and resources near them. Also included are DAILY REFLECTIONS – a selection of reflections by and for A.A. members.

NA MEETING SEARCH is a free mobile app developed to help find an NA meeting. It can use your current location to display the meetings nearest you. Daily JUST FOR TODAY meditations are also bundled in this app. [http://www.nabyphone.com/](http://www.nabyphone.com/)

RECOVERY PATH is a free mobile app is designed to allow people to navigate their own path to sustained recovery, share progress with others, and receive support.

Facebook Recovery Groups (logon to Facebook, search group, ask to join)

➢ CLEAN AND SOBER - Addiction Recovery Support Group
➢ Daily Reflections AA
➢ Massachusetts Organization of Addiction Recovery
➢ Methadone & Buprenorphine Discussion and support
➢ MIPSA-Methadone Information & Patient Support Network
➢ Mommy Group
➢ Recovery Soldiers
➢ Send it! (Recovery Network)
➢ Sober Mommies
➢ Virtual Recovery – Meetings At Home
➢ Voices To End Addiction & Inspire Recovery
➢ Women in AA
RECOVERY CENTER FACEBOOK PAGES

A New Way Recovery Center, Quincy

Alyssa's Place Peer Recovery Center, Gardner
https://www.facebook.com/Alyssas-Place-Peer-Recovery-and-Resource-Center-1036671136361774/

Devine Recovery Center, South Boston
https://www.facebook.com/DevineRecoveryCenter

Everyday Miracles Peer Recovery Center, Worcester
https://www.facebook.com/EDMPeers
Peer 2 Peer Recovery Support Center, Fall River
https://www.facebook.com/P2PRSC/

Hope for Holyoke Recovery Center, Holyoke--provides multiple online groups and a puppet show for kids every Tuesday
https://www.facebook.com/HFHRC/

Living in Recovery, Pittsfield
https://www.facebook.com/Living-In-Recovery-102917867894826/

New Beginning Recovery Center, Lawrence
https://www.facebook.com/New-Beginnings-1400295300266527/

No One Walks Alone (NOWA) PRSC, Whitenusville
https://www.facebook.com/NOWARSC/SC

Northampton Recovery Center, Northampton
https://www.northamptonrecoverycenter.org/calendar

PIER Recovery Center of Cape Cod, Hyannis
https://www.facebook.com/Pier-Recovery-Center-of-Cape-Cod-1214021491947603/

Plymouth Recovery Center, Plymouth
https://www.facebook.com/PlymouthRecoveryCenter/

Stairway to Recovery, Brockton
https://www.facebook.com/Stairway2Recovery

STEPRox Recovery Support Center, Roxbur
https://www.facebook.com/StepRoxRecoverySupportCenter

The RECOVER Project, Greenfield
https://www.facebook.com/TheRECOVERProject

The Recovery Connection, Marlborough
https://www.facebook.com/therecoveryconnection.org

Turning Point Recovery Center, Walpole
https://www.facebook.com/Turning-Point-Recovery-Center-100326408019268/
FREE YOGA AND FITNESS
Phoenix Gym offers a range of FREE virtual exercise classes (meditation, yoga, CrossFit, etc. for people in recovery. Every 2 hours from 7 am - 9pm  https://thephoenix.org/virtual/

Down Dog Yoga: https://www.downdogapp.com/

Trauma-informed Yoga/The Trauma Institute in Boston: https://www.traumasensitiveyoga.com/online-tctsy.html

Peloton App (offering free trial for 90 days, no bike)

Alo Yoga: https://www.youtube.com/channel/UCJEi1foUIGObzzQM3QA2H5A

SUPPORTS FOR FAMILIES WITH A LOVED ONE WITH SUD

Al-anon Electronic meetings for anyone affected by alcoholism in a family member or friend  
  Al-anon.org/electronic-meetings

Allies in Recovery Online support for families dealing with a loved one’s addiction, using the evidence-based CRAFT method (Community Reinforcement and Family Training ); free for Massachusetts residents.  
  https://alliesinrecovery.net/

Learn to Cope  
  https://www.learn2cope.org/

Smart Recovery Family  
  Smartrecovery.org/family
PARENTING/FAMILIES

Breastfeeding Warmline: Breastfeeding support from trained and experienced peers
Call: 857-301-8259
Or email: Breastfeedingboston@gmail.com

Children’s Trust has resources about COVID-19, as well as links to online parent groups and play groups
https://onetoughjob.org/

Families First has a variety of resources on their website
https://www.families-first.org/resources/

Heart Association provides a list of 25 ways for kids to get moving at home

Hello It’s Me is a Facebook group for families that are pregnant and close to delivery or home with a newborn during COVID-19
https://www.facebook.com/groups/204741563956171/

Kids Activities Blog has lots of suggestions for thing kinds can do while stuck at home
https://kidsactivitiesblog.com/category/stuck-at-home/

Mass Home Visiting Initiative sends out a regular newsletter about COVID-19 resources. You can subscribe by emailing Maxene Spolidoro at: maxene.spolidoro@state.ma.us

“Meals for Kids” Interactive Map directs people to local sites where kids can get free meals. The site finder currently lists more than 20,000 meal sites from 23 states, and more sites will be added as states submit data each week. The map is available in both English and Spanish at www.fns.usda.gov/meals4kids.

National Parent Helpline
1-855-4APARENT (1-855-427-2736)

Parenting Journey is creating an emergency fund and families can request a stipend (it’s not required that you have attended any PJ groups, any families in need of assistance are welcome to apply) for those impacted financially by the COVID-19 crisis.
https://parentingjourney.org/it-takes-a-village-emergency-fund/

Parents Helping Parents
Parental Stress Line (available 24/7): 1-800-632-8188
Online Support Groups occurring every day but schedule changes week to week
Check the website for schedule: https://www.parentshelpingparents.org/
➢ Click this link to join the meeting by computer or smartphone: https://zoom.us/j/6607380697
➢ No Computer, Dial in by phone: 1-646-558-8656 then input the meeting id 6607380697#

Sober Mommies: online support group for moms in recovery
➢ [https://sobermommies.com/groups/online-support/]

The Neighborhood: A Virtual Hub for LGBTQ+ Families has links for virtual events for LGBTQ+ parents/families [https://www.familyequality.org/neighborhood/]

Vital Village Network has links to many online resources, including where to get food. [https://www.vitalvillage.org/data-dashboard/customize/covid-19-resources]

William James Colleges Events Page has links to online parent groups and playgroups [https://www.williamjames.edu/community/resource-hub/public-events-calendar.cfm]
COVID-19 Resources

Call 2-1-1 - with general questions about COVID-19

COVID-19 FAQs from mass.gov

Sign up for text alerts containing new information and announcements by texting COVIDMA to 888-777

Taking care of your behavioral health during COVID-19 (from SAMHSA)

CDC Information about preparing your family

Talking to children about Covid-19
Talking to Children About COVID-19 (Coronavirus): A Parent Resource (available in multiple languages)
Supporting Kids During the COVID-19 Crisis

Just for Kids: A Comic Exploring the New Coronavirus
http://www.capradio.org/articles/2020/03/07/just-for-kids-a-comic-exploring-the-new-coronavirus/

Time to come in, Bear (a short video for young children about physical distancing)
https://www.youtube.com/watch?v=DA_SsZFyw0w&fbclid=IwAR38adgHsk7U0LYE33HfhVXP4rJPDCs-6zY_JytF_1jwyIWl71bK_FM7Y

Coping/Managing Stress
Mental Health and Coping During COVID-19

COVID-19 and Managing Stress (especially for people with PTSD)

How to Avoid Passing Anxiety on to Your Kids

National Child Traumatic Stress Network resource on helping parents talk to children about COVID-19, as well as ideas about activities to do at home
link to same in multiple languages:
Simple Activities for Children and Adolescents

Link for small children from ZERO TO THREE
https://www.zerotothree.org/resources/3210-tips-for-families-talking-about-the-coronavirus

Link Boston + MA COVID19 Resources
https://docs.google.com/document/d/1-x6vOZKVsIa5H363mtdgcivvLmcx7-f2s6l-O_ba8A/mobilebasic
OTHER RESOURCES

7cups offers free emotional support. No matter what you are going through you will be heard and cared for. 24/7 chat.
https://www.7cups.com/online-therapy/

Cory Johnson Program for Post-Traumatic Healing
Can We Talk? provides opportunities for people to share their stories of trauma and loss, and to heal together
By phone, Every Thursday night at 6:30pm
For information about meeting call-in information, check on Facebook:
https://www.facebook.com/events/376326353045035/?event_time_id=376326383045035

Crisis Text Line
https://www.crisistextline.org/

Department of Mental Health has an online directory of organizations in Massachusetts that offer linguistically and culturally appropriate mental health and related services for communities of color, LGBTQ community, immigrants, and refugees.
https://www.mass.gov/lists/dmh-multicultural-mental-health-resource-directory

Futures Without Violence has a variety of resources for survivors of/people experience sexual assault/domestic violence, as well as resources for progams
https://www.families-first.org/resources/

Local Crisis Hotlines
➢ Northampton CSO 413-586-5555
➢ Greenfield CSO 413-774-5411
➢ Holyoke BHN 413-532-8016
➢ Springfield BHN 413-733-6661

Massachusetts Emergency Services Program/Mobile Crisis Intervention (ESP/MCI) can be contacted for those in emotional/behavioral health crisis without having to go to an emergency room
1-877-382-1609
For contact information by region:
https://www.mass.gov/info-details/emergency-services-program-contact-information

National Domestic Violence Hotline offers help to people experiencing violence in their home during COVID-19 restrictions. There is a hotline, texting service, and webchat service. https://www.thehotline.org/2020/03/13/staying-safe-during-covid-19/

National Suicide Prevention Lifeline
➢ 800-273-8255

Network of Care Massachusetts enables you to search for behavioral health providers throughout Massachusetts
https://massachusetts.networkofcare.org/mh/

Project Bread's FoodSource Hotline provides up-to-date information – in multiple languages – about what is happening in school districts and what resources are available, such as SNAP application assistance, and referrals to open community resources.
The FoodSource Hotline can be reached at 1-800-645-8333 or by chat at Gettingsnap.org

**Samaritans:** Helpline remains open 24/7 for calls and texts at

- 877-870-4673

**SAMHSA National Helpline**

- 800-662-4357

Jewish Family and Children's Services has a page devoted to COVID-19 resources
https://www.jfcsboston.org/COVID-19/COVID-19-Resources

They also maintain links that are available to the public with resource information. Some of them duplicate the resources above. The advantages of using these links is that they are updated in real time, so you don’t have to wait to receive an updated document. The first link below is a particularly good resource for understanding what is happening with public benefits programs and basic needs.

COVID-19 Concrete Needs Resources and Supports (DTA, SNAP, Housing etc) https://public.3.basecamp.com/p/fqFWz4R5xUj3o5XQiWcfj9N9

Online/Virtual Recovery Supports https://public.3.basecamp.com/p/eETWixRCPBr7iJ5PAqE4QiUP

Online Parenting Support Groups/Childbirth/Breastfeeding/Postpartum https://public.3.basecamp.com/p/xajXU3qd19CN6igT2Xe2uou

Parenting Activities/Things to do with Kids https://public.3.basecamp.com/p/KjX9ieiruTEmxpw1kqNanaw8

Resources for Talking with Children about COVID-19 https://public.3.basecamp.com/p/PgHq2RhUK5eqcZcAL41kqxgD

Working From Home/Self Care https://public.3.basecamp.com/p/cu4ChakPKxCKCc91HHSfJR7w

Massachusetts SUD and Mental Health Resources PDF COVID-19 (PDF) https://public.3.basecamp.com/p/Rkv2NsgK3PDgZi3nUW1Kx9E9G

Massachusetts Law Reform Institute Food Assistance Guidelines https://public.3.basecamp.com/p/cJLXNB8aDL4mxbgGTP2jnwg7

Large online recovery group list with QR codes https://public.3.basecamp.com/p/NMCH42A7eYyE1EtVGblphc6o

23 page PDF of AA Meetings online https://public.3.basecamp.com/p/nXKzbPvxWYSKoeGsxv3LPB

Massachusetts Health Connector extended enrollment (until April 25, 2020) info https://public.3.basecamp.com/p/KAUGY3RVz9BCaq5PeKNC357p