



Virtual Resources for Individuals Struggling with Substance Use

Below are some on-line supports that may be helpful for on-line 12-step and smart recovery.

<https://www.12step.org/social/online-meetings/> - Offers a variety of online meetings and various other outside resources

<https://www.AA-intergroup.org> - Offers online meetings with specialized topics with a variety of meeting formats (i.e. chat, text, e-mail, etc.)

<https://www.smartrecovery.org/> - Offers online meetings and an online community with message boards and a chat room

<https://stepchat.com> - Offers a variety of meetings based on an already set schedule using text chat.

Free Apps to help you maintain your recovery

- WEconnect
- SoberTool
- Nomo – Sobriety Clocks
- Sober Grid
- RecoveryBox
- I Am Sober