

# Adult Self-Help Resources for Addiction Recovery During a Pandemic

For a comprehensive list of virtual groups and recovery resources, visit the U-M Addiction Center COVID-19 Recovery Page at: <http://michmed.org/18LPX>

- Virtual AA meetings: <https://www.aaonlinemeeting.net/> and <http://aa-intergroup.org/directory.php>
- In the Rooms - Online recovery AA, NA, and other meetings: <https://www.intherooms.com/home/covid-19-resources/>
- Narcotics Anonymous - NA meetings online & by phone: <https://virtual-na.org/>
- Online support community for parents & caregivers: <https://drugfree.org/article/online-support-community-for-parents-caregivers/>
- Recovery Dharma: <https://recoverydharma.org/>
- Smart Recovery - List of outline/remote meetings and 24-7 message boards: <https://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/>

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