



Recovery Resources: Socially distant, but still together.

A guide to online meetings and virtual platforms to navigate sobriety from home or anywhere.

WHAT TO EXPECT

- Recommended reading
- Connect with Alaskans
- National online meetups
- Mobile app-based resources
- Online forums
- For allies
- Hotlines

RECOMMENDED READING

- [*Celebrate winter holidays in new ways: Travel and in-person gatherings can increase chances of spreading COVID-19*](#)
- [*Take care of your health, body and mind. It's more important now than ever*](#)
- [*17 ways to stay sober when you're stuck at home*](#)
- [*11 online recovery meetings & groups you'll want to check out*](#)
- [*Coronavirus information and resources guide / The National Alliance for Mental Illness Helpline*](#)
- [*Shatterproof: How I'm coping with Covid-19 and social isolation as a person in long-term recovery*](#)
- [*Anxious about the coronavirus? Here are eight practical tips on how to stay calm and support your immune system / The Chopra Center*](#)
- [*Queer \(and sober\) in the time of Covid-19*](#)

CONNECT WITH ALASKANS

Alcoholics Anonymous Statewide Call In:

Every Sunday, Monday and Thursday from 5:30 – 6:30 p.m.

Dial: 505-604-9546 | Access Code: 35033

**Long distance fees may apply*

Narcotics Anonymous Statewide Meetings:

Meetings held daily. Statewide help line: 1-866-258-6329



NATIONAL ONLINE MEETUPS

The familiar:

- [12-Step Program](#)
- [Alcoholics Anonymous](#)
- [Narcotics Anonymous](#)

Something new:

Gay & Sober

A resource for meetings and events that provide a safe, fun, and enriching experience for the sober LGBTQ community.

Smart Recovery

Free mutual support meetings open to anyone seeking science-based, self-empowered addiction recovery. New for 2020 with an online forum dedicated to recovery during the pandemic.

In The Rooms

Free online recovery tool that offers 130 weekly online meetings for those recovering from addiction and related issues.

Refuge Recovery Online Meetings

Refuge Recovery is grounded in the belief that Buddhist principles and practices create a strong foundation for a path to freedom from addiction.

Life Ring Recovery

An abstinence-based, secular, and self-empowered addiction recovery pathway through meetings and a support network.

My Recovery: The Retreat

Sharing experience, strength and hope, The Retreat provides 12 Step recovery support in the virtual world for individuals and families seeking recovery from alcoholism and recovery.

We Connect Recovery

Provides daily online recovery groups 7 times a day for those with substance use and mental illness.

Unity Recovery + WEconnect + Alano Club

Provides daily virtual meetings for people in recovery and their family members.



MOBILE/ APP-BASED RESOURCES

Hello Sunday Morning

An approach to change your relationship with alcohol. Supports app users in abstaining, taking a break or simply to better understand how to have a healthy relationship with alcohol.

Sober Grid

The largest mobile sober community with free personalized, easy-to-access resources for tracking and sharing personal progress with others.

Soberistas

A worldwide community of friendly, non-judgmental people, all helping each other to kick the booze and stay sober. Create your own online profile.

Step Away

Created by Alaskan researchers, Step Away is a smartphone-based system that helps people make a healthy change in their drinking. It's a stand-alone, interactive app that provides tools, tracking and on demand help to succeed in what can be for many, a very difficult task. If you need assistance with the fee, visit [Recover Alaska](#) for a [free access code](#).

Workit Health

Get expert support on your schedule and on your phone.



ONLINE FORUMS

[Forever35 Sober](#)

A Facebook group page to discuss sober living, share experiences and support others.

[Reddit r/redditorsinrecovery](#)

The place for redditors in recovery from addiction.

[Reddit r/stopdrinking](#)

A support group on the popular online forum.

[SoberCity:](#)

Offers an online support and recovery community.

[Sober Recovery:](#)

Online community of more than 168,000 people recovering from alcohol and substance misuse, from co-dependency, and their friends, family and loved ones.

[This Naked Mind Group](#)

A Facebook group page to discuss the role of alcohol in our lives openly, honestly and without judgement. Open to sober-curious and intended to be a friendly place to talk about hopes, inspirations, fears, regrets; anything that comes to mind.



FOR ALLIES

Al-Anon Electronic Meetings:

Offering help and hope to anyone who is affected by alcoholism in a family member or friend.

Families Anonymous Virtual Meetings:

Online meetings for parents, grandparents, siblings, spouses, significant others, other family members and friends of those with a current, suspected or former drug problem.

My Recovery | The Retreat:

Sharing experience, strength and hope, The Retreat provides 12 Step recovery support in the virtual world for individuals and families seeking recovery from alcoholism and recovery.

Unity Recovery + WEconnect + Alano Club:

Provides daily virtual meetings for people in recovery and their family members.

HOTLINES

Alaska Community Resource Finder:	Dial 2-1-1
Alaska Careline Crisis Intervention:	Call 1-877-266-HELP or text "4help" to 839863
SAMSHA'S Disaster Distress Helpline:	Call 1-800-985-5990 or text "TalkWithUs" to 66746
SAMSHA'S National Helpline:	Call 1-800-662-HELP
National Suicide Prevention Line:	Call 1-800-273-8255
LGBT National Hotline:	Call 1-888-843-4564