

Online and Virtual Recovery Support Resource List

Alcoholics Anonymous – Offers on line support through their online intergroup link [here](#)

Cocaine Anonymous – Online Services for CA link [here](#)

LifeRing – Secular Recovery is an organization of people who share practical experiences and sobriety support. There are as many ways to live free of drugs and alcohol as there are stories of successful sober people. LifeRing Secular Recovery on line support link [here](#)

In the rooms - Online Recovery Meetings - In The Rooms with a simple goal in mind: to give recovering addicts a place to meet and socialize when they're not in face-to-face meetings. This basic concept has grown into a global online community with over 500,000 members who share their strength and experience with one another daily. Through live meetings, discussion groups, and all the other tools In the Rooms has to offer, people from around the world connect with one another and help each other along their recovery journeys. Link [here](#):

Narcotics Anonymous – Offers a variety of online and skype meeting options. Link [here](#)

Reddit Recovery – Redditors in recovery to hang out, share experiences, and support each other. Discuss the various ways to achieve and maintain a life free from active addiction. Everyone is welcome. Link [here](#)

Refuge Recovery – Refuge Recovery is grounded in the belief that Buddhist principles and practices create a strong foundation for a path to freedom from addiction. This program is an approach to recovery that understands: All individuals have the power and potential to free themselves from the suffering that is caused by addiction. Link to online support [here](#)

SMART Recovery – Self-Management And Recovery Training (SMART) is a global community of mutual-support groups. They offer online support and forums including a chat room and message board. Link [here](#)

SoberCity – Soberocity could be a great solution for you if you're looking for an online community that occasionally also has live events across the country. Link [here](#)

Sobergrid – A platform to help anyone get sober and stay sober. Some join to get support, others to give it. Each free download, post, and connection create an opportunity to stay sober while helping others do the same. Link [here](#)

Soberistas – International Online Recovery Community online-only community is worldwide, which makes it easy to connect with like-minded women who are friendly, non-judgmental, and helping each other kick the booze and stay sober. Link- [Here](#)

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. Link [here](#)

We Connect Recovery - Online recovery support groups will be available daily. They are open to anyone who is dealing with substance use, mental health concerns, disordered eating, as well as any other quality of life concerns. Everyone is welcome no matter your pathway to recovery or recovery status. Link [here](#)