

# Telephonic & Online Support Groups

## ACA

**Adult Children of Alcoholics World Service Organization**

<https://adultchildren.org/resources/find-a-meeting/>

<https://adultchildren.org/meeting-search/>

Provides phone, skype and internet meetings.

**StepChat**

<https://www.stepchat.com/acoa.htm>

Provides multiple online meetings with any day and many times available.

## Al-Anon

**Al-Anon Electronic Meetings**

<https://al-anon.org/al-anon-meetings/electronic-meetings/>

Provides meetings based on your filtered and preferred choices of platforms, days, times, language and privacy.

**A Serenity Place**

<http://asp-afg.org/>

Serenity Place (ASP) is a closed, online Al-Anon Family Group email meeting. We meet twenty-four hours a day, seven days per week. There is a new meeting every day of the week, with the chair announcing the topic some time during that day.

**Al Anon Family Group**

[http://12stepforums.net/alanon\\_family\\_group.html](http://12stepforums.net/alanon_family_group.html)

Provides online Group meetings and a group forum.

Al-Anon Family Group Online Meetings

Mornings: Mon–Fri 9 am EST, Sat & Sun 10 am

Nights: Mon–Sat 9 pm EST, Sun 7 pm

**Online Al-Anon**

<https://www.ola-is.org/>

Chat meetings, email groups and internet telephony meetings are available.

## Celebrate Recovery

<https://www.facebook.com/celebraterecovery/>

Download the Celebrate Recovery App from the App Store or Google Play.

See: <https://www.celebraterecovery.com/?id=1:getting-started>

## CoDA

**CoDA.org**

<https://coda.org/find-a-meeting/>

Provides USA, International, phone and online Meetings.

**Online CoDa**

<http://www.onlinecoda.net/forums.html>

A website providing a message board and forum.

## **In the Rooms**

<https://www.intherooms.com>

A global online community where members can share their strength and experience with one another daily. Offers live virtual meetings, discussion groups, and other tools to help people connect with one another and help each other along their recovery journeys.

## **Magnolia New Beginnings**

<http://www.magnolianewbeginnings.org/>

### **Magnolia Addiction Support-Pennsylvania Chapter**

<https://www.facebook.com/groups/MagnoliaaddictionsupportPennsylvania/>

### **Magnolia Family-Focused Addiction Support Meeting**

Go to [EVITE.com](http://EVITE.com) to register.

Virtual meetings for families supporting a loved one with a SUD. Sundays and Thursdays at 7 pm EST via Zoom.

## **Nar-Anon**

### **phpBB Creating Communities**

<http://www.naranon.com/forum/>

Online discussion forum.

### **Nar-Anon Chat**

<https://www.naranonchat.com/>

Provides a chat room and message board.

Chat room discussions are held Monday: 9 pm EST, Thursday: 9pm EST and Saturday: 8:30pm EST.

## **Recovery Centers of America (RCA)**

RCA has created a resource page of [online recovery meetings and self-care activities](#) for those in recovery and active addiction. Click on the link to see a list of April 2020 meetings including guest speakers discussing topics of interest for families.

## **GRASP: Grief Recovery After a Substance Passing**

### **GRASP Facebook Group**

<https://www.facebook.com/groups/grasphelp/>

### **Grief and Healing Discussions**

<https://webhealing.com/forums/>

Various forums to discuss the loss of a loved one.

## **Other Grief Support**

### **Open to Hope**

<https://www.opentohope.com/>

Offers an online support forum where individuals share their stories and connect to others coping with grief and loss. There are also books and podcast recommendations.

## Compassionate Friends

<https://www.compassionatefriends.org/find-support/online-communities/>

Online support groups and private Facebook groups with many different sub-categories. These groups supply support, encouragement, and friendship.

## Mental Health Resources

### SAMHSA

SAMHSA's National Helpline: 1-800-662-HELP (4357) or TTY: 1-800-487-4889

(Also known as the Treatment Referral Routing Service) A confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders.

***If you or someone you know has thoughts of death or suicide, call (800) 273-TALK (800-273-8255) or 9-1-1 immediately. You can also text DBSA to 741-741. Or contact a medical professional, clergy member, loved one, friend or hospital emergency room.***

### Mental Health America

<https://www.inspire.com/groups/mental-health-america/>

Multiple online forums.

### Turn2me

<https://www.turn2me.ie/group-supports>

Provides online support groups on anxiety, suicidal thoughts & feelings, depression, stress management and general mental health. Their online support groups are run by qualified professionals who ensure every member is respected and heard. To join one of the groups, simply select a group from the schedule. One of their Counselors will then approve your registration for the group and you will receive an email confirmation.

### ***Mental Health App for your phone:***

#### **WoeBot- Your Self-Care Expert**

A chatbot trained in cognitive behavioral therapy that aims to help you better understand woes like anger and stress. Mental health chatbots provide emotional support similar to a peer or counselor. Both apps observe behavior with unlimited conversation options.

### ***Struggling with Anxiety:***

#### **Health Unlocked**

<https://healthunlocked.com/anxiety-depression-support>

This community is a safe space for those affected by anxiety and depression to talk to others who truly understand.

### ***Struggling with Depression and Bipolar Disorder:***

#### **Support Groups Central: DBSA**

[https://www.supportgroupscentral.com/groups\\_detail.cfm?cid=18](https://www.supportgroupscentral.com/groups_detail.cfm?cid=18)

DBSA online support groups provide people living with depression and bipolar disorder a place to share experiences, discuss coping skills, and offer hope to one another. DBSA support groups are peer-led,

meaning they are facilitated by someone living with a mood disorder. Creating a user account is quick, easy and free.

***Struggling with an Eating Disorder:***

**Eating Disorder Hope**                      <https://www.eatingdisorderhope.com/recovery/support-groups/online>

Find a comprehensive list of internet-based online eating disorder support groups.

***Struggling with OCD:***

**International OCD Foundation**

<https://iocdf.org/ocd-finding-help/supportgroups/online-and-phone-ocd-support-groups/>

Provides various online and phone support groups for OCD, Hoarding, Skin Picking, Hair Pulling, Tic/Tourette's, Nail Biting, Body Dysmorphic Disorder, ASD and more.

***Struggling with Postpartum Depression:***

**The Postpartum Progress**                      [postpartumprogress.com](http://postpartumprogress.com)

Lists support groups in nearly every state as well as in Canada and maintains an online forum.

***Struggling with Schizophrenia:***

**The Schizophrenia and Related Disorders Alliance of America**

<https://sardaa.org/contact/>

Facilitates groups nationwide; find one on its site ([sardaa.org](http://sardaa.org)). You can also dial into its phone groups (855-640-8271) at 7 pm EST Sunday, Thursday and Friday with the pass code 88286491#.

***Struggling with Self-Harming:***

**DailyStrength**                                      [dailystrength.org/group/self-injury](http://dailystrength.org/group/self-injury)

A web forum where people dealing with self-injury can find encouragement, understanding, and a new way to cope.

***Struggling with Sex Addiction:***

**Sex Addicts Anonymous**                      [saa-recovery.org](http://saa-recovery.org)

Offers a widespread network of in-person, online, and phone meetings.

***Struggling with Trauma:***

**After Silence**                                      <http://www.aftersilence.org/>

An online support group, message board, and chat room for rape, sexual assault, and sexual abuse survivors. You are not alone, you are not broken, and you can heal.

## Virtual Online Classes

**The Phoenix**

<https://thephoenix.org/virtual/>

We are The Phoenix, and since 2006, our free sober active community has inspired more than 26,000 people across America to believe they have the strength to rise from the ashes of addiction through the support of those who are walking that very same path. Providing free live-stream classes such as yoga, meditations, cross-fit, body weight, recovery social hour and more.