

## Digital Recovery Supports

### Peer Recovery Mutual Aid Meetings

- [Alcoholics Anonymous](#)—search for 1,000+ online meetings worldwide
- [Al-Anon](#)—searchable list of e-meetings for people affected by alcohol addiction in a family member or friend
- [Any Positive Change](#)—harm reduction mutual aid (Tuesdays, 7 pm Eastern time) or dial 872-240-3412 with access code 177-648-909
- [Cocaine Anonymous](#)—email, voice, and online meetings
- [Co-Dependents Anonymous](#)—phone and online meetings in support of healthy, loving relationships
- [Families Anonymous](#)—virtual meetings for family members of people with SUD/ODD
- [In the Rooms](#)—virtual meeting space for wide variety of societies, including 12-step, secular, and gender-specific
- [LifeRing Secular Recovery](#)—daily meetings via Zoom
- [Narcotics Anonymous](#)—search for online and phone meetings around the world
- [Recovery Dharma](#)—Buddhist approach with daily meetings accessible by phone, smartphone, and computer
- [Refuge Recovery](#)—Buddhist approach with daily meetings by Zoom across the U.S.
- [SMART Recovery](#)—daily online meetings, message board, and 24/7 live chat
- [Spanish All Recovery](#)—live weekly meetings in Spanish and English coordinated by El Paso ReCo
- [Medication-Assisted Recovery Anonymous](#)—Zoom meetings from MARA International
- [Unity Recovery](#)—online recovery support groups available five times **daily, plus groups for family, women, and LGBTQ+**

### Facebook Communities

*Note: Private groups are visible to members only and require a request to join. Public groups are visible to anyone.*

- [Activismo Latino](#)—public group in Spanish focused on advocacy and education
- [Addiction & Recovery Community Advocates](#)—private group focusing on advocacy and education
- [Affected by Addiction Support Group](#)—private group for anyone who has a loved one in active addiction, individuals in recovery, and anyone in active addiction themselves
- [Faces & Voices of Recovery](#)—public group focusing on advocacy and education
- [Friends of Bill W](#)—private group practicing and living the 12 Steps of Alcoholics Anonymous
- [Mobilize Recovery](#)—private group sponsored by the Voices Project and Recovery Advocacy Project
- [Recovery Dharma](#)—private group using Buddhist practices and principles to overcome addiction through meditation, self-inquiry, and community

### Phone Apps

- [12 Step Meditation Daily Reflections AA NA Al-Anon](#)—guided meditations, music, prayers, and 12-step audio recovery content (Apple only)
- [Connections](#)—Addiction Policy Forum’s app with daily check-ins, discussion groups, and secure contact with counselors (Apple and Android)
- [In the Rooms](#)—easy access to virtual meetings, social networking tools, blogs, and recovery guides (Apple and Android)