

Suggested Alternatives for Self-help and Support Groups

STAY INFORMED

As the landscape is changing at a rapid pace, please stay up-to-date with the latest facts about COVID-19.
 Whatcom County Health Department: <https://www.whatcomcounty.us/360/Health-Department>
 WA State Department of Health Hotline: 1 (800) 525-0127 and press #

STAY CONNECTED

Please make sure the Drug Court team has the most updated phone number to reach you, that your voicemail is set-up and cleared for us to leave you a message and/or that you have an email address. If you do not have access to a phone, please let us know that and best way to get a message to you (family/friend/etc.). You may want to sign more releases of information with your treatment provider to be able to leave important messages.

STAY HEALTHY

Strategies for staying healthy:

- If you are sick, stay home and follow the advice of your health care provider
- Wash your hands with soap for 20+ seconds or more
- Do not touch your face
- Cover your mouth and nose with a tissue when coughing and sneezing, throw away tissue and wash your hands or sanitize.
- Communicate with your treatment court team of your circumstances by calling in, sending texts/emails
- Social distancing is an effort to stop the community spread of the contagious virus and whenever possible, stay home whenever possible, avoid any gatherings with 50+ more people and try to stay 3-6 feet away from others. Constantly wash hands/sanitize.

STAY CALM AND MAINTAIN SUPPORT SYSTEMS

Recommended online supports:

TED Talks: <https://soberish.co/ted-talks-sobriety/>

Watch a video and write a brief summary about what was learned, anything disagreed with and a list of ways to incorporate any info into their lives.

ARISE Network: <https://www.arise-network.com/news/>

Mindful Hope: <http://mindfulhope.com/>

YouTube videos: search topics such as “addiction recover,” “sobriety,” “grief/loss,” “trauma support” and other related topics and write a reflective paper.

Online support groups:

NWSC Narcotics Anonymous: <https://www.nwwana.org/>

Whatcom County Alcoholics Anonymous: <https://whatcomaa.org/schedule.html>

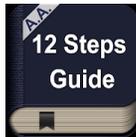
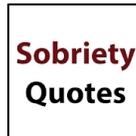
Alcoholics Anonymous for those who speak Spanish: https://aa-intergroup.org/languages/index_es.html

Stay connected to your personal supports (i.e. family, friends):

ZOOM Cloud Meetings app: <https://apps.apple.com/us/app/zoom-cloud-meetings/id546505307>

Google Hangouts: <https://tinyurl.com/qu83fvc>

DOWNLOAD FREE APPS

 InTheRooms	 12 Step Guide - AA	 AA Big Book Free	 Meeting Guide	 12 Step Toolkit	 NA Speakers	 Sober Grid
 We Do Recover	 Celebrate Recovery	 Sobriety Quotes	 WEconnect	 Pocket Rehab	 Recovery Today	 I Am Sober
 SoberTool	 Mindfulness Coach	 PTSD Coach	 We Are More	 MyGrief	 DBT Coach	 PTSD Free

These are only a few recommendations. You can search the IOS and Android App stores for more related apps.