

Variety of Free Online Support Groups, Apps & Resources

For those in Recovery, Co-dependency, Family Recovery, Parents, LGBTQ+ & Mental Illness

Looking for addiction and/or mental health services in Northern Michigan? Visit <https://www.nmre.org/> or call NMRE access line at 1-800-834-3393

This is not a complete list of resources. Please check with your local recovery community for online meeting options. For additions, corrections or help looking for resources please contact lrcinformation@gmail.com or call 920-374-4433

Online Local Listings

Local Narcotics Anonymous: <http://kmana.org/>

District 75 AA Area: <https://mtg.area75.org/meetings.html?dist=3>

RECOVERY & FAMILY RECOVERY SUPPORT ONLINE MEETINGS

- **12 step.org**
<https://www.12step.org/social/online-meeting-calendar/>
A variety of 12 step recovery meetings online
- **Addiction Policy Forum**
<https://www.addictionpolicy.org/>
Free Evidence Based App to Support those in recovery. The Addiction Policy Forum was created by families impacted by this disease.
- **Adult Children of Alcoholics**
<https://adultchildren.org/quick-search/?onlinebt=Click+Here>
Online Meetings. Adult Children of Alcoholics (ACA)/Dysfunctional Families is a [Twelve Step](#), [Twelve Tradition](#) program of men and women who grew up in dysfunctional homes.
- **Al-Anon Electronic Meetings**
<https://al-anon.org/al-anon-meetings/electronic-meetings/>
Electronic meetings, like all Al-Anon meetings, offer help and hope to anyone who is affected by alcoholism

➤ **Alcoholics Anonymous Online Intergroup**

<http://aa-intergroup.org/directory.php>

Phone and web-based AA meetings

Buddhist Recovery Network

<https://www.buddhistrecovery.org/online-meetings.htm>

Online meetings. The Buddhist Recovery Network promotes the use of Buddhist teachings and practices to help people recover from the suffering caused by addictive behaviors and is open to people of all backgrounds, and respectful of all recovery paths.

➤ **Celebrate Recovery**

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

<https://scripturalseeds.org/celebrate-recovery-online/>

Celebrate Recovery is a nationally affiliated ministry founded by John Baker of Saddleback Church and supported by Rick Warren, author of the Purpose Driven resources. It is a 12-step program centered around 8 principles that are taken from Jesus' beatitudes teachings. It has been proven to help people across the nation from all walks of life with whatever issues they may be facing.

➤ **Co-Dependents Anonymous**

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

Online & phone meetings. We welcome you to Co-Dependents Anonymous, a program of recovery from codependence, where each of us may share our experience, strength, and hope in our efforts to find freedom where there has been bondage and peace where there has been turmoil in our relationships with others and ourselves.

➤ **Bridge Club Virtual Meetings**

<https://www.jointempest.co/bridge-club-events?tag=Virtual%20Events>

A variety of online meetings. Meetings are specifically focused on women and LGBTQIA+ folks who are sober or interested in sobriety.

➤ **Families Anonymous Virtual Meetings**

<https://www.familiesanonymous.org/meetings/virtual-meetings>

Online, phone and e-mail meetings. Families Anonymous is a 12 Step fellowship for the families and friends who have known a feeling of desperation concerning the destructive behavior of someone very near to them, whether caused by drugs, alcohol, or related behavioral problems.

➤ **In the Rooms**

<https://www.intherooms.com/home/>

In The Rooms is a free online recovery tool that offers 130 weekly online meetings for those recovering from addiction and related issues. We embrace multiple pathways to recovery, including all 12 Step, Non-12 Step, Wellness and Mental Health modalities

➤ **LifeRing Recovery**

<https://www.lifering.org/online-meetings>

Online Meetings. 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.

➤ **My Recovery**

<https://www.myrecovery.com/online-meeting/>

Online Meetings. A place where you can read or share experience strength and hope with others in the recovery community.

➤ **Narcotics Anonymous**

<https://www.na.org/>

<http://www.nabyphone.com/>

Online and phone meetings. NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean.

Parents of Addicted Loved Ones

<https://palgroup.org/find-a-meeting/pal-telephone-meetings/>

Phone meetings. PAL meetings are open to anyone of any faith or background as our primary goal is to provide hope through education and support for parents dealing with addicted loved ones.

➤ **Recovery 2.0**

<https://r20.com/meetings/>

Online Meetings. To educate, inspire and unite people whose lives have been touched by addiction so that they can heal and thrive.

➤ **Recovery Dharma**

<https://recoverydharma.online/>

Online Meetings. Our program uses the Buddhist practices of meditation, self-inquiry, wisdom, compassion, and community as tools for recovery and healing.

Reddit

<https://www.reddit.com/r/REDDITORSINRECOVERY/>

Online forum. A place for 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

➤ **Refuge Recovery Online Meetings**

<https://refugerecovery.org/meetings?tsml-day=any&tsml-region=online-english>

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.

➤ **SMART Recovery**

<https://www.smartrecovery.org/community/calendar.php>

<https://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/>

Online meetings. SMART stands for Self-Management and Recovery Training. The SMART approach is secular and science-based, using cognitive behavioral therapy and non-confrontational motivational methods

➤ **Sober Grid**

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

Sober

Grid started because the founders were looking for a sober community that could be accessed anytime anywhere. Today it is a platform full of evidence-based tools to help anyone get sober and stay sober.

➤ **The Herren Project**

<https://herrenproject.org/>

Launched in 2016, Herren Project live virtual online support groups and recovery meetings are moderated by trained clinicians. All groups are hosted through Zoom Communications video conferencing software and can be accessed from the comfort of your home, office or even on your phone. All you need is a computer or hand-held device to participate in the weekly hour session. All groups are offered at no cost.

The Phoenix

<https://thephoenix.org/covid19/>

As we are committed to still deliver opportunities for **Social Connection** during this challenging time, we have introduced daily live-streamed, virtual programming for Crossfit, Yoga, and Meditation along with other online social events.

➤ **The Temper**

<https://www.thetemper.com/online-recovery-meetings-groups/>

The Temper explores life through the lens of sobriety, addiction, and recovery.

Unity Recovery

<https://unityrecovery.org/digital-recovery-meetings>

During this pandemic, we realize that many in-person meetings have been canceled or people may not be able to attend their regular meetings for various reasons. We are now offering online recovery support groups which will be available five times **daily**

➤ **We Connect**

<https://www.weconnectrecovery.com/free-online-support-meetings>

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.

➤ **Women for Sobriety**

<https://womenforsobriety.org/community/>

Women for Sobriety (WFS) is an organization whose purpose is to help all women find their individual path to recovery through discovery of self, gained by sharing experiences, hopes and encouragement with other women in similar circumstances.

➤ **Young People in Recovery**

<https://youngpeopleinrecovery.org/virtual-event-schedule/>

All-Recovery meetings & more. YPR's mission is to provide the life skills and peer supports that young people need to thrive and be successful in long-term recovery from addiction to drugs and alcohol.

Mental Health Online Support Groups / Resources

National Suicide Prevention Lifeline: 1-800-273- (TALK) 8255

TTY: 1-800-799-4TTY (4889)

<https://suicidepreventionlifeline.org/>

National Alliance on Mental Illness

<https://www.nami.org/>

NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

➤ **Turn2Me**

<https://www.turn2me.ie/>

"Hosts free online support groups for anxiety, depression, stress management, suicidal thoughts and feelings, and more."

➤ **Mental Health America**

<https://www.mhanational.org/>

"In addition to their forums, they offer screening tools that can help you identify if you might have a mental illness, such as anxiety or PTSD."

➤ **Anxiety and Depression Association of America**

<https://adaa.org/>

"Provides extensive information and resources on anxiety, as well as an anonymous online peer-to-peer support group."

➤ **7 Cups of Tea**

<https://www.7cups.com/>

“Seven Cups of Tea offers support from peers, trained volunteers, and paid professionals.”

➤ **TheTribe**

<https://support.therapytribe.com/anxiety-support-group/>

“You’ll have access to a blog where you can share your story, speak your mind, inspire others, or just vent.”

➤ **Daily Strength**

<https://www.dailystrength.org/groups?all=true>

“The anxiety forum is active every day and the site tells you how many members are currently online.”

➤ **SupportGroups.com**

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

“Unlike some sites that only allow you to join one group, SupportGroups.com encourages you to join as many groups as you like.”

Other Valuable Online Resources

AA Agnostica

<https://aaagnostica.org/>

AA Agnostica is meant to be a helping hand for the alcoholic who reaches out to Alcoholics Anonymous for help and finds that she or he is disturbed by the religious content of many AA meetings.

➤ **Addiction Survivors**

<http://addictionsurvivors.org/>

AddictionSurvivors.org is dedicated to providing peer support communities for those with addiction disorders and their families and friends. These forums are currently READ-ONLY.

➤ **Association of Recovery in Higher Education**

<https://collegiaterecovery.org/>

The Association of Recovery in Higher Education (ARHE) is the only association exclusively representing collegiate recovery programs (CRPs) and communities (CRCs), the faculty and staff who support them, and the students who represent them

➤ **Faces and Voices of Recovery**

<https://facesandvoicesofrecovery.org/>

Faces & Voices of Recovery is dedicated to organizing and mobilizing the over 23 million Americans in recovery from addiction to alcohol and other drugs, our families, friends and allies into recovery community organizations and networks, to promote the

right and resources to recover through advocacy, education and demonstrating the power and proof of long-term recovery.

➤ **Families Against Narcotics (FAN).**

<https://www.familiesagainstnarcotics.org/>

Families Against Narcotics (FAN) is a community-based program for those seeking recovery, those in recovery, family members affected by addiction and community supporters. FAN seeks to change the face of addiction, dispel the stigma of addiction, and educate the community as well as those affected by addiction.

➤ **Google Recovery Together**

<https://recoverttogether.withgoogle.com/>

Resources for meetings, information, treatment, recovery, prevention & other initiatives

➤ **National Association of Recovery Residences**

<https://narronline.org/>

The National Alliance for Recovery Residences (NARR) is a 501-c3 nonprofit organization dedicated to expanding the availability of well-operated, ethical and supportive recovery housing.

Recovery Audio

<https://www.recoveryaudio.org/>

Have a **categorized and searchable database** of AA speaker tapes so that we can find and immediately listen to a relevant recovery message anywhere, anytime, and on any platform (**especially mobile devices**);

➤ **Recovery Café Network**

<https://recoverycafenetwork.org/>

The Recovery Café Network is committed to nurturing groups seeking to start recovery communities based on the Recovery Café model. Through a cohort learning model, groups and organizations will be provided mentorship, materials, expertise, and facilitated learning experiences to create a recovery community in their area.

➤ **Recovery Research Institute**

<https://www.recoveryanswers.org/>

The Recovery Research Institute is a leading nonprofit research institute of Massachusetts General Hospital, an affiliate of Harvard Medical School, dedicated to the advancement of addiction treatment and recovery.

➤ **Ryan Hampton**

<https://ryanhampson.org/>

With content that reaches over 1 million people a week, Ryan is breaking down cultural barriers that have kept people suffering in silence and is inspiring a new generation of

people recovering out loud through his Voices Project. He's also advocating for solutions and holding public policy makers accountable.

ShatterProof

<https://www.shatterproof.org/>

Shatterproof is a national nonprofit organization dedicated to reversing the addiction crisis in the United States.

SOBEROCITY

<https://www.soberocity.com/welcome/>

Soberocity is for people from all walks of life who can now connect and share their individual journeys of recovery while encouraging sobriety and sober-living in others. In other words, Soberocity is a place where individuals who are invigorated about all the opportunities that come from living a sober lifestyle.

➤ **The Voices Project**

<https://voicesriseup.org/>

The stigma of addiction kills people. We have the power to stop the deaths by raising our voices. We live our recovery openly, share our stories, and work for policy change that helps our community.

➤ **White Bison**

<http://wellbriety.com/>

A sustainable grassroots Wellbriety Movement that provides culturally based healing for the next seven generations of Indigenous people.

➤ **William White Papers**

<http://www.williamwhitepapers.com/>

A plethora of information and resources

Alpena

[https://us04web.zoom.us/j/\(meeting #\)](https://us04web.zoom.us/j/(meeting%20#))

Dial in: 1-646-558-8656 or 312-626-6799

Tawas daily @ Noon - 460390181

Sunday - MI Shadow 9:30/10am - 110459434

Sunday - Mixed 10am - 6264508138

Sunday - WFS. 12pm - 5795937613

Sunday - NA. 7pm - 5239883783

Sunday - Mixed(Tawas)7pm - 731904674

Monday - Women's 7pm - 372516464

Monday - Men's 7pm - 8763230002

Monday - There's a Solution(Tawas)8pm -
731904674

Tuesday - Friends of Bill W. 7pm -
5856144993

Tuesday - Mixed(Tawas)7pm - 923708449

Wednesday - WFS. 12:30pm - 5795937613

Wednesday - SJH(Tawas)8pm - 182556974

Thursday - Friends of Bill W 7pm -
5856144993

Thursday - Miracles Happen(Tawas)7pm -
649523357