

# Substance Abuse Recovery Virtual Support

Recovery Dharma: <https://recoverydharma.online/> (video and phone)

SMART Recovery: <https://www.smartrecovery.org/community/calendar.php> (video and phone),  
<https://www.smartrecovery.org/community/> (online message boards)

MARA: <https://www.mara-international.org/web-based-mara> (online)

NA: <http://www.nabyphone.com/> (phone)

AA: [https://aa-intergroup.org/directory\\_telephone.php](https://aa-intergroup.org/directory_telephone.php) (phone)

Lifering: <https://www.lifering.org/online-meetings> (phone and online)

Women for Sobriety: <https://womenforsobriety.org/community/#> (online), email  
[contact@womenforsobriety.org](mailto:contact@womenforsobriety.org) for phone support

SOBER BUDDY: sign up for emails of daily challenges and support for your recovery  
<https://www.yoursoberbuddy.com/>

Lifeline/Emotional Crisis: <https://suicidepreventionlifeline.org/talk-to-someone-now/> (phone)  
**#1-800-273-8255** No matter what problems you're dealing with, whether or not you're thinking about suicide, if you need someone to lean on for emotional support, **call the Lifeline**. People call to talk about lots of things: substance abuse, economic worries, relationships, sexual identity, getting over abuse, depression, mental and physical illness, and loneliness, to name a few.

**If you are experiencing a mental health emergency, please call 911, go to the nearest emergency room, or call 855-CRISIS-1 (855-274-7471) to speak to a TN Mobile Crisis Specialist.**

Valid 3.16.2020. Resources located through a google search. No affiliation with or endorsement of any resource.