

COVID-19 RESOURCES



INDIVIDUALS WITH A SUBSTANCE USE DISORDER

GET HELP NOW HOTLINE • [1-800-662-HELP \(4357\)](tel:1-800-662-HELP)

A 24 hours a day, 7 days a week, 365 days a year hotline staffed by trained professionals who will stay on the phone with the caller until a treatment provider with an opening is identified.

In addition to the hotline, text and chat options are available.

Text: [717-216-0905](tel:717-216-0905) • Chat: bit.ly/GHNchatline

ONLINE RECOVERY MEETINGS

Many organizations are offering online meetings while social distancing is being recommended.

- List of online recovery meetings from Pro-A: bit.ly/2w9Ufdr
- Eight daily meetings from Unity Recovery: bit.ly/UnityRCOmtgs
- Alcoholics Anonymous online intergroup: bit.ly/AAintergroup
- Narcotics Anonymous online meetings: bit.ly/2IWqVd4

OTHER ONLINE RESOURCES

- [RecoveryLink](#): Daily recovery meetings, physical activities, meditations, and more via your smartphone or computer.
- [Connections Mobile App](#): Addiction Policy Forum's app will help connect you with trained counselors and peers, access e-therapy, & more.
- [WEconnect app](#): Helps with scheduling routines to stay active in recovery.
- This [Shatterproof blog](#) provides helpful suggestions to keep your recovery a priority during social distancing.

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WAYS TO SUPPORT YOURSELF

Coping with stress will make you, the people you care about, and your community stronger. Try these tips from the [CDC](#):

Take a break from
news & social media



Take care of your body



Connect with others



Make time to unwind

