



## Virtual Recovery Meetings for Ongoing Support

Due to the social distancing we are practicing to slow the spread of COVID-19, most 12-Step recovery groups are not meeting in person. You can still get help. Many programs have regularly scheduled virtual meetings that are increasing in number each day. Behavioral Health Systems knows how hard recovery can be, so we've provided information about virtual meetings for several programs below.

### Alcoholics Anonymous (AA)

Go here: <https://aa-intergroup.org/> When you reach the page, click on "Online Meetings."

Go here: [https://www.aa.org/pages/en\\_US/find-aa-resources](https://www.aa.org/pages/en_US/find-aa-resources) When you reach the page, click on your state. You'll find a list of cities; click on the link for the one closest to you.

### For families and friends of alcoholics

Go here: <https://al-anon.org/al-anon-meetings/electronic-meetings/>

Go here: <https://www.na.org/meetingsearch/> When you reach the page, select your state from the "Select Category" drop-down menu. When the page loads, click on your region, and select the website for your local area.

### Narcotics Anonymous (NA)

Go here: <https://www.na.org/meetingsearch/> When you reach the page, follow the instructions in the "NA Meeting Search" box. When filling in the fields, be sure to select "Phone" or "Web" in the "Country" field.

Go here: <https://www.na.org/meetingsearch/> When you reach the page, select your state from the drop-down in the "NA Meeting Search" box. Click "Search," then select the website for your local area.

### For families and friends of addicts

Go here: <http://www.naranon.com/forum/>

Go here: <https://www.nar-anon.org/find-a-meeting> When you reach the page, Scroll down to "Find a Nar-Anon Meeting." Enter your ZIP code and click on search.

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**If you are feeling overwhelmed by stress and anxiety, your BHS Care Coordinator can assist you with finding a BHS provider. The call and treatment are confidential. Call BHS at 800-245-1150 to speak with your Care Coordinator.**

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