**RECOVERY SUPPORTS**

**In the Rooms** – multiple pathways available <https://www.intherooms.com/livemeetings/list>

**Alcoholics Anonymous**

AA Phone Meetings<http://aaphonemeetings.org/>

AA Western MA Intergroup Virtual Meetings <https://westernmassaa.org/aa-meeting-schedules>

AA en Espanol <https://aa-intergroup.org/languages/index_es.html>

AA Boston <https://aaboston.org/>

AA Search by State: <https://www.aa.org/pages/en_US/find-aa-resources>

AA Intergroup <http://aa-intergroup.org/>

AA Online Group<https://www.onlinegroupaa.org/>

**Pause a while**Free conference calls for AA meetings at 2pm every day

* Dial in number: 425-436-6360
* Access Code: 422932

**A Virtual Awakening**Closed online AA meetings for women, trans, and non-binary people

Sun, Mon, Wed, Fri at 8:30pm EST, Thurs 1:00pm EST

* <https://zoom.us/j/4822208285>

**Narcotics Anonymous**

New England Region of Narcotic Anonymous Virtual Meeting list:<https://nerna.org/nerna-virtual-meetings/>

Phone meetings: [www.nabyphone.com](http://www.nabyphone.com)

Global Online meetings: <https://virtual-na.org/>

Free NA Speaker Streaming 24-7 [www.naspeaker.com](http://www.naspeaker.com)

Never Alone Club Online Meetings <https://www.neveraloneclub.org/>

NA in Multiple Languages**:** <https://virtual-na.org/meetings/>

**Cocaine Anonymous**

<https://www.ca-online.org>

**Marijuana Anonymous**

<http://marijuana-anonymous.org/find-a-meeting/>

**Gamblers Anonymous**

Massachusetts Hotline Number: 855-2CALLGA (855-222-5542), GA virtual Meeting on In the Rooms and <http://newenglandga.com/> hosting phone meeting every night of the week from 9:00-11:00 PM Eastern time. Phone Number 712-770-4160 – Access Code 611704#.

**Nicotine Anonymous**

[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

**Recovery Speakers:** Listen to recovery speakers from many different 12 step groups

[www.recoveryspeakers.com](http://www.recoveryspeakers.com)

**Sober Recovery** provides an online forum for those in recovery and their friends and family <https://www.soberrecovery.com/forum>

**Embark Recovery**: Daily 12pm & 6 pm in English and 12:30 and 5:30 in Spanish

<https://www.embarkreco.com/events>

**Herren Project**: Variety of meetings, including Women’s Meeting Tuesdays at 7:30PM

<https://herrenproject.org/recovery-meeting/>

**In the Rooms**: online meeting at 9am, 12pm, 3pm, 6pm, 9pm. These are “all recovery” meetings and any pathway or programs are welcome.

<https://www.intherooms.com/home/category/community-and-meetings/>

**LifeRing Secular Recovery**is an organization of people who share practical experiences and sobriety support, and embraces what works for individual.

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

**Lion Rock Recovery:** Variety of support groups every day of the week

<https://www.lionrockrecovery.com/online-aa-meetings-and-support-groups>

**Recovery Dharma**

<https://recoverydharma.online/>has meetings using Buddhist practice

**Reddit Recovery** offers a virtual hang out and support during recovery

[https://www.reddit.com/r/REDDITORSI NRECOVERY/](https://www.reddit.com/r/REDDITORSI%20NRECOVERY/)

**Refuge Recovery** provides online and virtual support

<http://bit.ly/refugerecovery1>

**SMART Recovery**

<https://www.smartrecovery.org/community/> has a wide variety of online resources

<http://www.smartne.org/meetings.html>: has a listing of meetings but also a link for online meetings

**SoberCity** offers an online support and recovery community

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

**Sobergrid** offersanonlineplatformto help anyone get sober and stay sober

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

**Soberistas** provides a women-only international online recovery community

<https://soberistas.com/>

**Sober Mommies:** online support group for moms in recovery

<https://sobermommies.com/groups/online-support/>

**WEconnect and Unity Recovery** - 4 times daily 7 days a week (9am,12pm,3pm,9pm EST)

[unityrecovery.zoom.us/my/allrecovery](http://unityrecovery.zoom.us/my/allrecovery)

**Women for Sobriety** –<https://womenforsobriety.org/> (website)  <https://wfsonline.org/>  (online meetings)

Helps women gain hope and encouragement with other women in similar circumstances.

**SUPPORT FOR FAMILIES WITH A LOVED ONE WITH SUD**

**Smart Recovery Family**

[Smartrecovery.org/family](https://www.smartrecovery.org/family/)

**Learn to Cope**

<https://www.learn2cope.org/>

**Al-anon**

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

**FREE YOGA AND FITNESS**

**Phoenix Gym** offers a range of FREE virtual exercise classes (meditation, yoga, CrossFit, etc. for people in recovery. Every 2 hours from 7 am - 9pm  <https://thephoenix.org/virtual/>

**Down Dog Yoga**: [https://www.downdogapp.com/](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.downdogapp.com_&d=DwMFaQ&c=lDF7oMaPKXpkYvev9V-fVahWL0QWnGCCAfCDz1Bns_w&r=Vb-mRESQtF2qzZOMGqxU2b6dbvXmGFDpVxXK8uwRWbg&m=tsGpdq8eMvfGhXUqbRFMbi5lyrL5fhDxgSKX3ZNndEU&s=nCbnGcCgf4xbjn0EPYWnt0L1oNbOR5Flj1CxoA736Ok&e=)

**Trauma-informed Yoga/**The Trauma Institute in Boston: <https://www.traumasensitiveyoga.com/online-tctsy.html>

**Peloton App** (offering free trial for 90 days, no bike)

**Alo Yoga:** <https://www.youtube.com/channel/UCJEi1foUiGObzzQM3QA2H5A>

**Recovery Apps (download to your smartphone via app store/google play/website)**

* Sober Grid - App Store
* Celebrate Recovery - App Store
* Smart Recovery - [www.smartrecovery.org](http://www.smartrecovery.org)
	+ **Connections** smartphone app to support recovery

<https://www.addictionpolicy.org/connections-app>



**MEETING GUIDE** is a free mobile app focused on helping people find A.A. meetings and resources near them. Also included are DAILY REFLECTIONS – a selection of reflections by and for A.A. members.

**NA MEETING SEARCH** is a free mobile app developed to help find an NA meeting. It can use your current location to display the meetings nearest you. Daily JUST FOR TODAY meditations are also bundled in this app. <http://www.nabyphone.com/>

**RECOVERY PATH** is a free mobile app is designed to allow people to navigate their own path to sustained recovery, share progress with others, and receive support.

|  |
| --- |
| **Online Resources to Support Your Recovery****Scan the QR code below to go directly to the type of support you are looking for.** |
| 1. **Online AA Meetings**

 | 1. **Recovery Dharma Online Meetings**

 | 1. **In the Rooms Online Support**

 |
| 1. **Al-Anon Electronic Meeting List**

 | 1. **Online Group AA Meetings**

 | 1. **Substance Abuse and Mental Health Services Website**

 |
| 1. **Virtual Narcotics Anonymous Meetings**

 | 1. **Smart Recovery Online**

 | 1. **Never Alone Club – 24 Hour Chat and Support**

 |
| 1. **Narcotics Anonymous by Phone**

 | 1. **Marijuana Anonymous Online Meetings**

 | 1. **Connections App – tools to support early recovery**

 |
| 1. **The Herren Project – Recovery Meetings**

 | 1. **AA speaker tape and 12 steps – iPhone App**

 | 1. **Smokefree – Tools and Support to Quit Smoking**

 |

**Facebook Recovery Groups (logon to Facebook, search group, ask to join):**

* CLEAN AND SOBER - Addiction Recovery Support Group
* Daily Reflections AA
* Massachusetts Organization of Addiction Recovery
* Methadone & Buprenorphine Discussion and support
* MIPSA-Methadone Information & Patient Support Network
* Mommy Group
* Recovery Soldiers
* Send it! (Recovery Network)
* Sober Mommies
* Virtual Recovery – Meetings At Home
* Voices To End Addiction & Inspire Recovery
* Women in AA

**RECOVERY CENTER FACEBOOK PAGES**

**Peer 2 Peer** Recovery Support Center, Fall River

[https://www.facebook.com/P2PRSC/](https://urldefense.proofpoint.com/v2/url?u=https-3A__nam01.safelinks.protection.outlook.com_-3Furl-3Dhttps-253A-252F-252Fwww.facebook.com-252FP2PRSC-252F-26data-3D02-257C01-257Cr-5Fprovdatran-2540salemstate.edu-257C2472c0c4ce1d4502919b08d7cf573493-257C70d32b73b45749d1950c4f78aeffc21b-257C0-257C0-257C637205845944782755-26sdata-3DN5dTsoouUW39qBfhY0saGOQ2SSOcGRBYIfOogX-252BMMsU-253D-26reserved-3D0&d=DwMGaQ&c=lDF7oMaPKXpkYvev9V-fVahWL0QWnGCCAfCDz1Bns_w&r=Vb-mRESQtF2qzZOMGqxU2b6dbvXmGFDpVxXK8uwRWbg&m=IkXgSR6ezgIZmXlC-6QQCFZWiap5AV-XSKonm9pZgNo&s=Unp1tCD_f_z1REFYiwgz4L3oblE2c1edYi5tDlcixq4&e=)

**Everyday Miracles** Peer Recovery Center, Worcester

[https://www.facebook.com/EDMPeers](https://urldefense.proofpoint.com/v2/url?u=https-3A__nam01.safelinks.protection.outlook.com_-3Furl-3Dhttps-253A-252F-252Fwww.facebook.com-252FEDMPeers-26data-3D02-257C01-257Cr-5Fprovdatran-2540salemstate.edu-257C2472c0c4ce1d4502919b08d7cf573493-257C70d32b73b45749d1950c4f78aeffc21b-257C0-257C0-257C637205845944792748-26sdata-3Dabsd9VuPRjw2zwgShAyC9IMTXoBHuQYn8ZuHYghQfoI-253D-26reserved-3D0&d=DwMGaQ&c=lDF7oMaPKXpkYvev9V-fVahWL0QWnGCCAfCDz1Bns_w&r=Vb-mRESQtF2qzZOMGqxU2b6dbvXmGFDpVxXK8uwRWbg&m=IkXgSR6ezgIZmXlC-6QQCFZWiap5AV-XSKonm9pZgNo&s=1mApNEt5OpYkiCj9DXadTbuZPGQjlkfvz_poWBgSBG4&e=)

**No One Walks Alone** (NOWA) PRSC, Whitinsville

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**PIER Recovery Center** of Cape Cod, Hyannis

[https://www.facebook.com/Pier-Recovery-Center-of-Cape-Cod-1214021491947603/](https://urldefense.proofpoint.com/v2/url?u=https-3A__nam01.safelinks.protection.outlook.com_-3Furl-3Dhttps-253A-252F-252Fwww.facebook.com-252FPier-2DRecovery-2DCenter-2Dof-2DCape-2DCod-2D1214021491947603-252F-26data-3D02-257C01-257Cr-5Fprovdatran-2540salemstate.edu-257C2472c0c4ce1d4502919b08d7cf573493-257C70d32b73b45749d1950c4f78aeffc21b-257C0-257C0-257C637205845944802748-26sdata-3DPOWQPTl2-252BcFJ-252B5tWtbQt-252BMQDhmBjQQ4gCgtVFRme-252B58-253D-26reserved-3D0&d=DwMGaQ&c=lDF7oMaPKXpkYvev9V-fVahWL0QWnGCCAfCDz1Bns_w&r=Vb-mRESQtF2qzZOMGqxU2b6dbvXmGFDpVxXK8uwRWbg&m=IkXgSR6ezgIZmXlC-6QQCFZWiap5AV-XSKonm9pZgNo&s=LH_jAHiaDrrjul0v3kYj6_ddIYFIYcyGt73R8HhIazw&e=)

**Turning Point** Recovery Center, Walpole

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**STEPRox** Recovery Support Center, Roxbury  [https://www.facebook.com/StepRoxRecoverySupportCenter](https://urldefense.proofpoint.com/v2/url?u=https-3A__nam01.safelinks.protection.outlook.com_-3Furl-3Dhttps-253A-252F-252Fwww.facebook.com-252FStepRoxRecoverySupportCenter-26data-3D02-257C01-257Cr-5Fprovdatran-2540salemstate.edu-257C2472c0c4ce1d4502919b08d7cf573493-257C70d32b73b45749d1950c4f78aeffc21b-257C0-257C0-257C637205845944822738-26sdata-3DcuHuzHYybGWd1BVOPwnmTDTI7ddEHTBNkQ7b7yeVXRs-253D-26reserved-3D0&d=DwMGaQ&c=lDF7oMaPKXpkYvev9V-fVahWL0QWnGCCAfCDz1Bns_w&r=Vb-mRESQtF2qzZOMGqxU2b6dbvXmGFDpVxXK8uwRWbg&m=IkXgSR6ezgIZmXlC-6QQCFZWiap5AV-XSKonm9pZgNo&s=DO3QqqM1vSawB5QRYWQzgCDGnSc45QaptijlHi8YPS4&e=)

**Alyssa's Place** Peer Recovery Center, Gardner

[https://www.facebook.com/Alyssas-Place-Peer-Recovery-and-Resource-Center-1036671136361774/](https://urldefense.proofpoint.com/v2/url?u=https-3A__nam01.safelinks.protection.outlook.com_-3Furl-3Dhttps-253A-252F-252Fwww.facebook.com-252FAlyssas-2DPlace-2DPeer-2DRecovery-2Dand-2DResource-2DCenter-2D1036671136361774-252F-26data-3D02-257C01-257Cr-5Fprovdatran-2540salemstate.edu-257C2472c0c4ce1d4502919b08d7cf573493-257C70d32b73b45749d1950c4f78aeffc21b-257C0-257C0-257C637205845944822738-26sdata-3DQaqzMbiSqga7gw-252FrW5ADVWaYHx5faGO3TAeODrwWq4A-253D-26reserved-3D0&d=DwMGaQ&c=lDF7oMaPKXpkYvev9V-fVahWL0QWnGCCAfCDz1Bns_w&r=Vb-mRESQtF2qzZOMGqxU2b6dbvXmGFDpVxXK8uwRWbg&m=IkXgSR6ezgIZmXlC-6QQCFZWiap5AV-XSKonm9pZgNo&s=SLXf-6wNkrPu1x6567pVByrqQjPohrMjkos4zpGH1wU&e=)

**The Recovery Connection**, Marlborough

[https://www.facebook.com/therecoveryconnection.org](https://urldefense.proofpoint.com/v2/url?u=https-3A__nam01.safelinks.protection.outlook.com_-3Furl-3Dhttps-253A-252F-252Fwww.facebook.com-252Ftherecoveryconnection.org-26data-3D02-257C01-257Cr-5Fprovdatran-2540salemstate.edu-257C2472c0c4ce1d4502919b08d7cf573493-257C70d32b73b45749d1950c4f78aeffc21b-257C0-257C0-257C637205845944832731-26sdata-3Dic4jJo90wxmHdDnLD4g-252Bs-252FtSMAdxvLmVNE1hz-252BAoOBw-253D-26reserved-3D0&d=DwMGaQ&c=lDF7oMaPKXpkYvev9V-fVahWL0QWnGCCAfCDz1Bns_w&r=Vb-mRESQtF2qzZOMGqxU2b6dbvXmGFDpVxXK8uwRWbg&m=IkXgSR6ezgIZmXlC-6QQCFZWiap5AV-XSKonm9pZgNo&s=vj6sCPdW_2aWqyqDZHFmDhTdC0Af7M2Kt6xSnGt1Cug&e=)

**Plymouth Recovery Center**, Plymouth

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**Devine Recovery Center**, South Boston

[https://www.facebook.com/DevineRecoveryCenter](https://urldefense.proofpoint.com/v2/url?u=https-3A__nam01.safelinks.protection.outlook.com_-3Furl-3Dhttps-253A-252F-252Fwww.facebook.com-252FDevineRecoveryCenter-26data-3D02-257C01-257Cr-5Fprovdatran-2540salemstate.edu-257C2472c0c4ce1d4502919b08d7cf573493-257C70d32b73b45749d1950c4f78aeffc21b-257C0-257C0-257C637205845944842725-26sdata-3Dy4Dy-252BjkOjefSdnNeccpsloDwcoAvxks-252FzjZpM6bpPAM-253D-26reserved-3D0&d=DwMGaQ&c=lDF7oMaPKXpkYvev9V-fVahWL0QWnGCCAfCDz1Bns_w&r=Vb-mRESQtF2qzZOMGqxU2b6dbvXmGFDpVxXK8uwRWbg&m=IkXgSR6ezgIZmXlC-6QQCFZWiap5AV-XSKonm9pZgNo&s=50zNMxVYShjrWcB_mIO8OLKSdB_KIQUSiJxQNC4W1ms&e=)

**A New Way Recovery Center**, Quincy

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**Hope for Holyoke Recovery Center**, Holyoke

[https://www.facebook.com/HFHRC/](https://urldefense.proofpoint.com/v2/url?u=https-3A__nam01.safelinks.protection.outlook.com_-3Furl-3Dhttps-253A-252F-252Fwww.facebook.com-252FHFHRC-252F-26data-3D02-257C01-257Cr-5Fprovdatran-2540salemstate.edu-257C2472c0c4ce1d4502919b08d7cf573493-257C70d32b73b45749d1950c4f78aeffc21b-257C0-257C0-257C637205845944852724-26sdata-3DQwMLQ7UC1RneqJqwsPoGsoXItRCRtftNnHg2p-252BOeN-252FA-253D-26reserved-3D0&d=DwMGaQ&c=lDF7oMaPKXpkYvev9V-fVahWL0QWnGCCAfCDz1Bns_w&r=Vb-mRESQtF2qzZOMGqxU2b6dbvXmGFDpVxXK8uwRWbg&m=IkXgSR6ezgIZmXlC-6QQCFZWiap5AV-XSKonm9pZgNo&s=OUD5OlnfekfD3dxGoU5oMx65sDrg9llWp3-kPkuEzUg&e=)

**The RECOVER Project**, Greenfield

[https://www.facebook.com/TheRECOVERProject](https://urldefense.proofpoint.com/v2/url?u=https-3A__nam01.safelinks.protection.outlook.com_-3Furl-3Dhttps-253A-252F-252Fwww.facebook.com-252FTheRECOVERProject-26data-3D02-257C01-257Cr-5Fprovdatran-2540salemstate.edu-257C2472c0c4ce1d4502919b08d7cf573493-257C70d32b73b45749d1950c4f78aeffc21b-257C0-257C0-257C637205845944862719-26sdata-3DJIA8qdiVTnqM4-252BngpibKj9PnZNUrC9CcNKJSlbKZ0PU-253D-26reserved-3D0&d=DwMGaQ&c=lDF7oMaPKXpkYvev9V-fVahWL0QWnGCCAfCDz1Bns_w&r=Vb-mRESQtF2qzZOMGqxU2b6dbvXmGFDpVxXK8uwRWbg&m=IkXgSR6ezgIZmXlC-6QQCFZWiap5AV-XSKonm9pZgNo&s=47UyZLZW6cR55IsUSi-DkcigjQv1YUnjR-E5Iur5PN0&e=)

**New Beginning Recovery Center**, Lawrence

[https://www.facebook.com/New-Beginnings-1400295300266527/](https://urldefense.proofpoint.com/v2/url?u=https-3A__nam01.safelinks.protection.outlook.com_-3Furl-3Dhttps-253A-252F-252Fwww.facebook.com-252FNew-2DBeginnings-2D1400295300266527-252F-26data-3D02-257C01-257Cr-5Fprovdatran-2540salemstate.edu-257C2472c0c4ce1d4502919b08d7cf573493-257C70d32b73b45749d1950c4f78aeffc21b-257C0-257C0-257C637205845944862719-26sdata-3D82LpL9CxiM-252B60m29CvwQglFA3beY-252BKv14-252FdHFb4oyp0-253D-26reserved-3D0&d=DwMGaQ&c=lDF7oMaPKXpkYvev9V-fVahWL0QWnGCCAfCDz1Bns_w&r=Vb-mRESQtF2qzZOMGqxU2b6dbvXmGFDpVxXK8uwRWbg&m=IkXgSR6ezgIZmXlC-6QQCFZWiap5AV-XSKonm9pZgNo&s=hTZuw3guxVGgDIxvpswbNHx_b0JKQ6xikZfRdaCZCTs&e=)

**Northampton Recovery Center**, Northampton

[https://www.northamptonrecoverycenter.org/calendar](https://urldefense.proofpoint.com/v2/url?u=https-3A__nam01.safelinks.protection.outlook.com_-3Furl-3Dhttps-253A-252F-252Fwww.northamptonrecoverycenter.org-252Fcalendar-26data-3D02-257C01-257Cr-5Fprovdatran-2540salemstate.edu-257C2472c0c4ce1d4502919b08d7cf573493-257C70d32b73b45749d1950c4f78aeffc21b-257C0-257C0-257C637205845944872715-26sdata-3DvgOSlqv5fB17UwMa1-252FwsoC9zVg8wwsP0pg9jPBxdLLs-253D-26reserved-3D0&d=DwMGaQ&c=lDF7oMaPKXpkYvev9V-fVahWL0QWnGCCAfCDz1Bns_w&r=Vb-mRESQtF2qzZOMGqxU2b6dbvXmGFDpVxXK8uwRWbg&m=IkXgSR6ezgIZmXlC-6QQCFZWiap5AV-XSKonm9pZgNo&s=ga0E2pbWR9jBUMnDnwU0VYkrF2YoZakyxIjryfnQlLE&e=)

**Living in Recovery**, Pittsfield

[https://www.facebook.com/Living-In-Recovery-102917867894826/](https://urldefense.proofpoint.com/v2/url?u=https-3A__nam01.safelinks.protection.outlook.com_-3Furl-3Dhttps-253A-252F-252Fwww.facebook.com-252FLiving-2DIn-2DRecovery-2D102917867894826-252F-26data-3D02-257C01-257Cr-5Fprovdatran-2540salemstate.edu-257C2472c0c4ce1d4502919b08d7cf573493-257C70d32b73b45749d1950c4f78aeffc21b-257C0-257C0-257C637205845944882706-26sdata-3DJisyav4bax0Y668xe3bT8VYBwhCqAceOAbDHwCThb8A-253D-26reserved-3D0&d=DwMGaQ&c=lDF7oMaPKXpkYvev9V-fVahWL0QWnGCCAfCDz1Bns_w&r=Vb-mRESQtF2qzZOMGqxU2b6dbvXmGFDpVxXK8uwRWbg&m=IkXgSR6ezgIZmXlC-6QQCFZWiap5AV-XSKonm9pZgNo&s=XM2MmfLh10JDgExTcQGoe8qWkc-R-AE7edmR7YrO66U&e=)

**Stairway to Recovery**, Brockton

[https://www.facebook.com/Stairway2Recovery](https://urldefense.proofpoint.com/v2/url?u=https-3A__nam01.safelinks.protection.outlook.com_-3Furl-3Dhttps-253A-252F-252Fwww.facebook.com-252FStairway2Recovery-26data-3D02-257C01-257Cr-5Fprovdatran-2540salemstate.edu-257C2472c0c4ce1d4502919b08d7cf573493-257C70d32b73b45749d1950c4f78aeffc21b-257C0-257C0-257C637205845944882706-26sdata-3DXe4htk6-252FpvMJntnZQMyXhF0Sg6uD8SEx-252BoRn6XuRhfM-253D-26reserved-3D0&d=DwMGaQ&c=lDF7oMaPKXpkYvev9V-fVahWL0QWnGCCAfCDz1Bns_w&r=Vb-mRESQtF2qzZOMGqxU2b6dbvXmGFDpVxXK8uwRWbg&m=IkXgSR6ezgIZmXlC-6QQCFZWiap5AV-XSKonm9pZgNo&s=Smdupm6LgsjdRmqbj870Yh2769MpmC0xBiaGDaAP4wM&e=)

**Parenting&Families**

**Sober Mommies:** online support group for moms in recovery

* <https://sobermommies.com/groups/online-support/>

**Hello It’s Me** is a Facebook group for families that are pregnant and close to delivery or home with a newborn during COVID-19

<https://www.facebook.com/groups/204741563956171/>

**Parenting Journey** is creating an emergency fund and families can request a stipendfor those impacted financially by the COVID-19 crisis. <https://parentingjourney.org/it-takes-a-village-emergency-fund/>

**Parents Helping Parents**Parental Stress Line (available 24/7): 1-800-632-8188

Online Support Groups <https://www.parentshelpingparents.org/>

* Click this link to join the meeting by computer or smartphone: <https://zoom.us/j/6607380697>
* No Computer, Dial in by phone: 1-646-558-8656 then input the meeting id 6607380697#

**National Parent Helpline**1-855-4APARENT (1-855-427-2736)

**Other Resources**

**7cups** offers free emotional support. No matter what you are going through you will be heard and cared for. 24/7 chat. <https://www.7cups.com/online-therapy/>

**Local Crisis Hotlines**

* Northampton CSO 413-586-5555
* Greenfield CSO 413-774-5411
* Holyoke BHN 413-532-8016
* Springfield BHN 413-733-6661

**National Domestic Violence Hotline** offers help to people experiencing violence in their home during COVID-19 restrictions. There is a hotline, texting service, and webchat service. <https://www.thehotline.org/2020/03/13/staying-safe-during-covid-19/>

**National Suicide Prevention Lifeline**

* 800-273-8255

**Project Bread’s FoodSource Hotline** provides up-to-date information– in multiple languages – about what is happening in school districts and what resources are available, such as SNAP application assistance, and referrals to open community resources.  1-800-645-8333 or by chat at [Gettingsnap.org](http://www.gettingsnap.org/)

**Samaritans:**Helpline remains open 24/7 for calls and texts at 877-870-4673

**SAMHSA National Helpline**

* 800-662-4357

<https://www.samhsa.gov/find-help/national-helpline>

**COVID-19 Resources**

COVID-19 FAQs from mass.gov

<https://www.mass.gov/info-details/frequently-asked-questions-about-covid-19>

CDC Information about preparing your family

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/index.html>

Talking to children about Covid-19 (available in multiple languages)

[Talking to Children About COVID-19 (Coronavirus): A Parent Resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-%28coronavirus%29-a-parent-resource)

[Supporting Kids During the COVID-19 Crisis](https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-03-16-20)

Just for Kids: A Comic Exploring the New Coronavirus

<http://www.capradio.org/articles/2020/03/07/just-for-kids-a-comic-exploring-the-new-coronavirus/>

Coping/Managing Stress:

[Mental Health and Coping During COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fcoping.html)

How to Avoid Passing Anxiety on to Your Kids

<https://childmind.org/article/how-to-avoid-passing-anxiety-on-to-your-kids/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-03-16-20>

National Child Traumatic Stress Network resource on helping parents talk to children about COVID-19

<https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf>

National Child Traumatic Stress Network in multiple languages:

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

Link for small children from ZERO TO THREE

<https://www.zerotothree.org/resources/3210-tips-for-families-talking-about-the-coronavirus>

Link Boston + MA COVID19 Resources

<https://docs.google.com/document/d/1-x6vOZKVsla5H363mtdgcyivvLmcx7-f2s6l-O_ba8A/mobilebasic>