Not everyone can make it to meetings in person. Here are some resources that many use to access vital recovery support online from home:

**Alcoholics Anonymous**
- aa-intergroup.org/directory.php
- onlinelgroupaa.org
- aaonlinemeeting.net

**Narcotics Anonymous**
- virtual-na.org
- na.org/meetings
  *for country, select "Web"

**Online/Digital Recovery Support Resources**

**SMART Recovery**
- smartrecovery.org/smart-recovery-toolbox/smart-recovery-online
- smartrecovery.org/private-convenient-online-recovery-support

**Other Resources**
- addictioncampuses.com/alcohol/apps-for-recovery
- sobergrid.com/howitworks
- intherooms.com/home
- unityrecovery.zoom.us/my/allrecovery

**SMART Recovery®**

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