

Online Support for Addictions and Substance Use

Alcoholics Anonymous (AA) - <http://aa-intergroup.org/directory.php>

Narcotics Anonymous (NA) - <http://www.carna.ca/meeting.php>

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

AA Sober Living - www.aasoberliving.com

Online recovery help for those in all stages of recovery, family, friends and loved ones including message boards, chats, blogs, and daily and weekly readings.

SMART Recovery Online - www.smartrecovery.org/smart-.../smart-recovery-online/

Abstinence-based peer support group that utilizes motivational interviewing, mindfulness, and cognitive behavioural therapy tools and techniques.

Daily online meetings, message board, 24/7 live chat, and online recovery toolbox

SMART Recovery Toronto (smartrecoverytoronto.com) is also working to offer online meetings, check website for updates.

Life Ring - www.lifering.org/online-meetings

Abstinence based, secular, and self-empowered addiction recovery

In the Rooms - <https://www.intherooms.com/home/>

A free online recovery tool that offers 130 weekly online meetings for those recovering from addiction and related issues. They embrace multiple pathways to recovery, including all 12 Step, Non-12 Step, Wellness and Mental Health modalities.

Cannabis Rehab - www.cannabisrehab.org

This free online drug rehab group was originally set up just to help those trying to quit marijuana but they now welcome anyone struggling with drug addiction.

HAMS Harm Reduction Network - hamsnetwork.org

HAMS is a free of charge peer led support group for people who want to reduce the harm in their lives caused by alcohol or other substances. HAMS offers support via a chat room, an email group, and live meetings. HAMS supports every goal from safer use to reduced use to abstinence from alcohol. Their daily chat is schedule for 9 P.M. EST , 6 P.M. PST.

Disclaimer: This list is not exhaustive and inclusion does not imply specific endorsement.

Resource list compiled by SCOPE, March 2020