OTHER RESOURCES

- In The Rooms (www.intherooms.com/home):
  This is a free online recovery tool that offers 130 weekly online meetings for those recovering from addiction and related issues. We embrace multiple pathways to recovery, including all 12 Step, Non-12 Step, Wellness and Mental Health modalities.
- Just for Today Meditations (www.justfortodaymeditations.com):
  This is an online community of people who gather to share and discuss meditations.
- The Spiritual Life is Not a Theory—12-Step Recovery (www.youtube.com/watch?v=MIoJ-Bza_r4):
  In this video, Sandy B. gives a moving and powerful talk about "the spiritual life" and its importance to the recovery process.
- How it Works: The Big Book Comes Alive (www.youtube.com/watch?v=h-oIjg6UnkA):
  In this video, AA Speakers, Joe and Charlie discuss the chapter "How it Works" from the Alcoholics Anonymous Big Book Study.
- Barefoot Bill L.—Recovery from Alcoholism (www.youtube.com/watch?v=sx78YeqAg1I):
  In this video, Barefoot Bill L. is speaking at an AA speaker meeting about recovery from alcoholism.

APPS FOR DOWNLOAD

- AA Big Book Ultimate Companion:
  Listen to the entire Alcoholics Anonymous Big Book as well as audiobooks, audio courses, and speaker tapes to help you stop drinking, live sober, and recover from alcoholism.

Scan for Google Play

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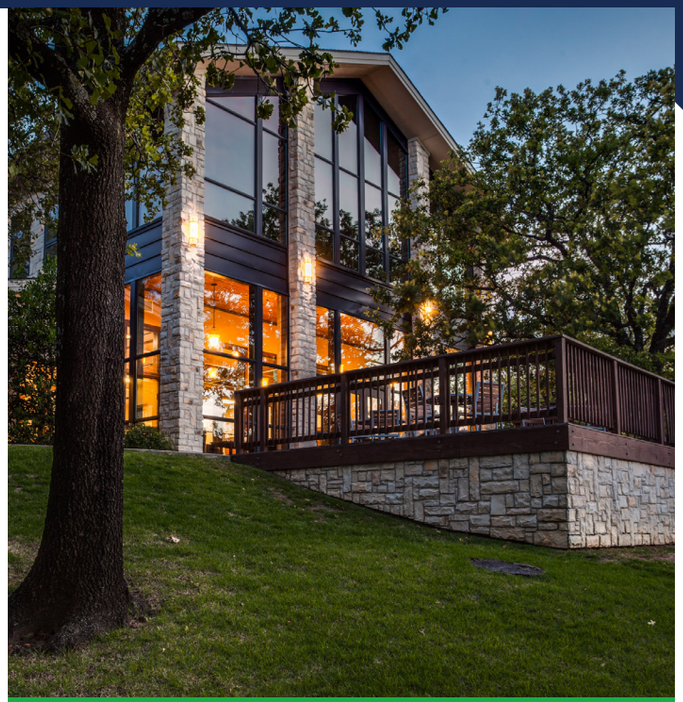
ANDROID APP ON Google play

Download on the App Store



Santé CENTER FOR HEALING

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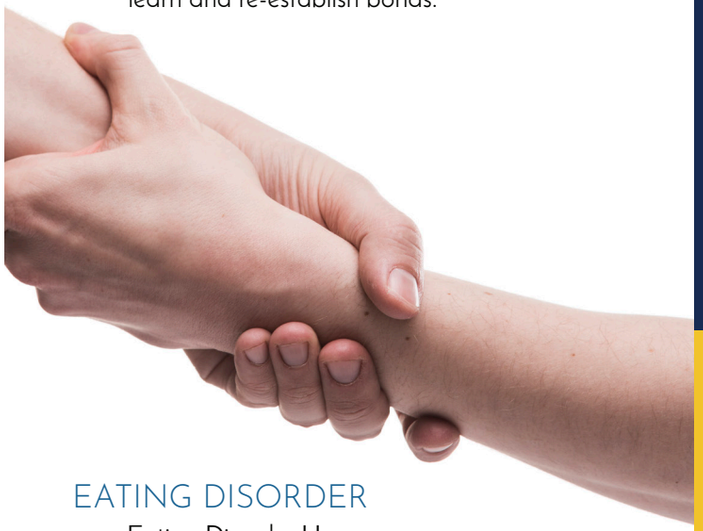
Santé CENTER FOR HEALING

SUBSTANCE ABUSE & MENTAL HEALTH RESOURCES

A comprehensive guide to direct individuals and/or families on where to find online help and resources for substance abuse and other mental health disorders during the COVID-19 pandemic.

SANTÉ SPECIFIC

- Santé's Intake Counselors (940-464-7222):
  If you find that your recovery has gone off script, please feel free to reach out to our master's-level intake clinicians to talk.
- Santé's Family & Friends Support Group (https://bit.ly/santeffsupprtgroup):
  This therapist-guided support group meets several times weekly and helps families communicate, learn and re-establish bonds.



EATING DISORDER

- Eating Disorder Hope (www.eatingdisorderhope.com):
  Their mission is to offer hope, information, and resources to individual eating disorder sufferers, their family members, and treatment providers.
- Dine With Your EDS Dietician (https://zoom.us/j/848435549?pwd=VHdrQ-jdSSHUyaExYejBaa2FBQmM4QT09):
  Here, you can dine online weekly with your EDS dieticians for free through Zoom.

SEXUAL ADDICTION

- Sex Addicts Anonymous (www.saa-recovery.org):
  SAA shares experience and hope to others so that they can overcome their sexual addiction.

FAMILY SPECIFIC

- Al-Anon Family Groups (www.al-anon.org):
  This is a mutual support program for people whose lives have been affected by someone else's drinking.
- Nar-Anon Family Groups (www.nar-anon.org):
  These groups are primarily for those who know or have known a feeling of desperation concerning the addiction problem of someone very near to you.
- Parents of Addicted Loved Ones (www.palgroup.org):
  Parents with a child addicted to drugs and/or alcohol can find hope in a support program called Parents of Addicted Loved-ones (PAL).
- Adult Children of Alcoholics/Dysfunctional Families (www.adultchildren.org):
  This is a 12 Step, 12 Tradition program of people who grew-up in dysfunctional homes.

MENTAL HEALTH

- Mental Health America (mhanational.org/im-looking-mental-health-help-myself):
  This is the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all Americans.
- National Federation of Families for Children's Mental Health (www.ffcmh.org):
  This is a national family-run organization linking more than 120 chapters and state organizations focused on the issues of children and youth with emotional, behavioral, or mental health needs and their families.
- Co-dependency Anonymous (www.coda.org):
  This is, a program that helps individuals recover from codependence.
- Anxiety & Depression Association of America (www.adaa.org):
  ADAA is an international nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD and co-occurring disorders.

ALCOHOL/SUBSTANCE ABUSE

- 12 Step Online (www.12step-online.com):
  A safe place for people to find support through working the 12 steps as outlined in the 12 Steps & 12 Traditions book of Alcoholics Anonymous.
- Alcoholics Anonymous (www.aa.org):
  This is an international fellowship of people suffering from alcoholism.
- AA Home Group (aahomegroup.org):
  A world-wide online meeting of Alcoholics Anonymous that is open 24/7.
- Adult Children of Alcoholics (www.adultchildren.org):
  This is a 12 Step/12 Tradition program of people who grew-up with parents suffering from alcoholism.
- Narcotics Anonymous (www.na.org):
  A global, organization that helps people with substance use disorders. Also by phone at (ww.nabyphone.com/na-by-phone-area.html).
- Cocaine Anonymous (www.ca.org):
  This is a fellowship of people that help each other recover from addiction.
- United Recovery Open Groups (www.unitedrecovery.org):
  They truly believe that recovery is individual, dynamic and ultimately, best directed by the individual with support from their community.