



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=MloJ-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-oljg6UnkA):
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.



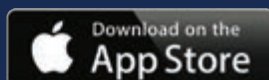
APPS FOR DOWNLOAD

- 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.

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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 (www.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.