



COVID – 19

Resources for the Recovery Community

RECOVERY SUPPORTS		
Mass Helpline	COVID-19 Resources for MA	https://helplinema.org/covid-19-resources-for-ma/
The New England Region of Narcotics Anonymous	Virtual Meetings	https://nera.org/virtual-meetings/
NA 24/7 International Marathon Meeting	Virtual Meeting	Zoom ID 4949655895
Online Intergroup of Alcoholics Anonymous	Online Meetings	http://aa-intergroup.org/directory.php
NA World Services Narcotics Anonymous Virtual Meetings	Web, Phonenumber, Virtual NA Meetings	https://www.na.org/?ID=virtual_meetings
NA Zoom Meetings: SWPA & Around the Globe		https://docs.google.com/spreadsheets/d/18v-sJGKpkH5MRC7qHngUatHDBs2u7NRzhSiazg6Xp70/htmlview?fbclid=IwAR1fJOXS_EyphqN9T2kgE9-Pq1zuh1Moho6DV3Cz0nnj6glfhG-aP49lwTA#gid=0
Smart Recovery Online Meetings		https://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/
Recovery Dharma Online	Online and Dial In	https://recoverydharma.online/
LifeRing Secular Recovery	Online and Email Groups	https://www.lifering.org/online-meetings

Al-Anon Electronic Meetings	Online and Telephone Meetings	https://al-anon.org/al-anon-meetings/electronic-meetings/
Adult Children of Alcoholics Word Service Organization	Online and Telephone Meetings	https://adultchildren.org/quick-search/?onlinebt=Click+Here
Hope 2 Go	Free 24/7 streaming of recorded NA speakers from conventions or recovery celebrations.	http://naspeaker.com/
In The Rooms	Online (Multiple pathways to recovery, including all 12 Step, Non-12 Step, Wellness and Mental Health modalities)	www.InTheRooms.com
My Recovery		https://www.myrecovery.com/
Life Ring Secular Recovery		https://www.lifering.org/online-meeting-schedule
Recovery Dharma		https://recoverydharma.online/
Learn to Cope		https://www.learn2cope.org/
Hazelden Betty Ford Foundation History	Tips for Staying Connected and Safeguarding Your Addiction Recovery	https://www.hazeldenbettyford.org/about-us/news-media/tips-for-staying-connected
Yale University	CORONAVIRUS (COVID-19) GUIDANCE Youth Engaged in Substance Use Treatment	https://medicine.yale.edu/intmed/genmed/addictionmedicine/Youth%20Yale%20ADM%20COVID-19%20Guidance_032620_381732_5_v1.pdf
HEALTH & WELLNESS		
SAMHSA	Coronavirus (COVID-19)	https://www.samhsa.gov/coronavirus
SAMHSA	TAKING CARE OF YOUR BEHAVIORAL HEALTH Tips For Social Distancing, Quarantine,	https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf

	And Isolation During An Infectious Disease Outbreak	
SAMHSA	COVID-19 Public Health Emergency Response and 42 CFR Part 2 Guidance	https://www.samhsa.gov/sites/default/files/covid-19-42-cfr-part-2-guidance-03192020.pdf
The President's Coronavirus Guidelines for America	15 Days to Slow the Spread of Coronavirus (COVID-19)	https://www.whitehouse.gov/wp-content/uploads/2020/03/03.16.20_coronavirus-guidance_8.5x11_315PM.pdf
Center for Disease Control and Prevention (CDC)	Coronavirus (COVID-19)	https://www.cdc.gov/coronavirus/2019-ncov/index.html
State Of Massachusetts (Dept. of Public Health)	Information on the Outbreak of Coronavirus Disease 2019 (COVID-19)	https://www.mass.gov/resource/information-on-the-outbreak-of-coronavirus-disease-2019-covid-19
	About COVID-19	https://www.mass.gov/info-details/about-covid-19
	COVID-19 Cases, Quarantine and Monitoring	https://www.mass.gov/info-details/covid-19-cases-quarantine-and-monitoring
	COVID-19 State of Emergency	https://www.mass.gov/info-details/covid-19-state-of-emergency
	COVID-19 Guidance and Directives	https://www.mass.gov/info-details/covid-19-guidance-and-directives
	COVID-19 Prevention and Treatment	https://www.mass.gov/info-details/covid-19-prevention-and-treatment

	COVID-19 Preparation in Massachusetts	https://www.mass.gov/info-details/covid-19-preparation-in-massachusetts
City of Boston	COVID-19 in Boston	https://www.boston.gov/news/coronavirus-disease-covid-19-boston
Stanford University	Guide to self-care: Coping with coronavirus	https://healthalerts.stanford.edu/2020/03/13/guide-to-self-care-coping-with-coronavirus/
Seattle Post-Intelligencer	Stay positive: Here are 23 pieces of good news regarding COVID-19	https://www.seattlepi.com/coronavirus/article/good-news-about-novel-coronavirus-15141530.php
American Foundation for Suicide Prevention	Taking Care of Your Mental Health in the Face of Uncertainty	https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/?fbclid=IwAR3Su8NPweSgoWaBhg2o6x5aGHrn_hwplfgikEOOTgdxLCk0khJt6Tay7-U
Network of Care Massachusetts		https://massachusetts.networkofcare.org/mh/index.aspx
Yale University	Guidance for People Who Use Substances on COVID-19 (Novel Coronavirus)	https://yale.app.box.com/v/COVID19HarmReductionGuidance
Higher Ground Harm Reduction	Safer Drug Use During the COVID-19 Outbreak	https://harmreduction.org/wp-content/uploads/2020/03/COVID19-safer-drug-use-1.pdf
FAMILIES & CHILDREN		
State Of Massachusetts	Exempt Emergency Child Care Programs	https://eeced.force.com/apex/EEC_ChildCareEmergencyProcedure

National Association of School Psychologists	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-(coronavirus)-a-parent-resource
The National Child Traumatic Stress Network	Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 (COVID-19)	https://www.framingham.k12.ma.us/cms/lib/MA01907569/Centricity/Domain/1622/NCTSN%20Caregiver%20Guide%20to%20Helping%20Families%20Cope%20with%20COVID-19.pdf
NPR	Just For Kids: A Comic Exploring The New Coronavirus	https://www.npr.org/sections/goatsandsoap/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus
National Parental Stress Hotline		https://www.nationalparenthelpline.org/
INCOME		
Department of Unemployment Assistance	Important Unemployment Information	https://www.mass.gov/alerts/important-unemployment-information#undefined
Department of Unemployment Assistance	Massachusetts Department of Unemployment Assistance (DUA) Virtual Town Halls	https://www.mass.gov/forms/massachusetts-department-of-unemployment-assistance-dua-virtual-town-halls
U.S. Equal Employment Opportunity Commission (EEOC) i	What You Should Know About the ADA, the Rehabilitation Act, and COVID-19	https://www.eeoc.gov/eeoc/newsroom/wysk/wysk_ada_rehabilitaion_act_coronavirus.cfm
Amazon	Amazon is Hiring - Start as soon as 7 days - \$17/hr	https://www.amazondelivers.jobs/
HOUSING		

Massachusetts Alliance for Sober Housing (MASH)		https://mashsoberhousing.org/resources/other-resources/
LEGAL SUPPORTS		
LCR Boston (Lawyers For Civil Rights)	Legal Responses to COVID-19 Economic Justice, Education, Employment, Health Disparities, Housing, Immigrant Rights, Police Accountability, Race and Climate, Racial Justice, Voting Rights	http://lawyersforcivilrights.org/our-impact/economic-justice/legal-responses-to-covid-19/
LCR Boston (Lawyers For Civil Rights)	Legal Help & Support During COVID-19 Coronavirus, Health Disparities, Racial Justice	http://lawyersforcivilrights.org/our-impact/health-disparities/legal-help-support-during-covid-19/
TRANSPORTATION		
MBTA	Reduced Service	https://www.mbta.com/covid19
State Of Massachusetts (Dept. of Public Health)	Travel information related to COVID-19	https://www.mass.gov/info-details/covid-19-preparation-in-massachusetts
OTHER		
H.R. 6201, FAMILIES FIRST CORONAVIRUS RESPONSE ACT		https://appropriations.house.gov/sites/democrats.appropriations.house.gov/files/Families%20First%20summary.pdf
Health Resources in Action	A variety of services to help you address the needs of your communities through a health and racial equity lens, particularly during this crisis. We pride ourselves on our innovation and flexibility.	https://hria.org/covid19