

Stay connected in your recovery

ONLINE SUPPORT DURING COVID-19 OUTBREAK

COVID-19 PRESENTS CHALLENGES TO OUR SERVICES AND WE MAY MAKE CHANGES TO HOW WE SUPPORT YOU.

CONNECTION IS IMPORTANT TO PEOPLE IN RECOVERY, AND RESOURCES ARE AVAILABLE SO YOU CAN STAY CONNECTED IN YOUR HOME.



Drug and Alcohol Support

Mutual Aid Support and Online Meetings

SMART

www.smartrecovery.org.uk/online-meetings

Alcoholics Anonymous

www.alcoholics-anonymous.eu/online-meetings

Narcotics Anonymous

www.gotomeet.me/ukna

Cocaine Anonymous

www.ca-online.org

Resources for Family and Friends

If you care for, live with or support a family member in recovery, you can continue family support online.

SMART

Follow the link below and select 'Friends and Family':

www.smartrecovery.org.uk/online-meetings

Nar - Anon – Friends and Family group for Narcotics Anonymous

www.naranonchat.com

Al-Anon – Friends and family group for Alcoholics Anonymous

www.al-anon.org/al-anon-meetings/electronic-meetings

Drug and Alcohol Support

Online Resources, Worksheets and Apps

Kaleidoscope has produced a recovery manual which is available on its website.

www.kaleidoscopeproject.org.uk/news/vitual-support

The pioneering digital treatment and recovery programme Breaking Free has made its service available for free, so you can benefit from interventions until the situation has returned to normal.

Creating your account is easy, all you need to do is:

1. Visit www.breakingfreeonline.com
2. Click SIGN UP
3. Use KP2020 to complete the required fields.



There are numerous websites that you can access to download and complete worksheets and use other helpful tools...

- SMART website has a 'TOOLBOX' full of helpful resources: www.smartrecovery.org.uk/general-resources
- Adfam has details of online support and resources for family members: www.adfam.org.uk

For support with issues such as anxiety and depression, Mood Juice is a very helpful online resource - www.moodjuice.scot.nhs.uk

There are many recovery supporting apps now available on either the App store or Google Play, these include Headspace, 12 Steps AA Companion, One day at a time, Promises, Pocket Rehab and Sober Grid.