

Online and Phone Resources for Those Struggling with Addiction, Alcoholism, Co-Dependence, Trauma, Family Dysfunction, and Other Challenges

Narcotics Anonymous (NA)

NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. NA uses a traditional 12-step model that has been expanded and developed for people with varied substance abuse issues and is the second-largest 12-step organization.

<https://virtual-na.org/>

Alcoholics Anonymous (AA)

Alcoholics Anonymous is an international mutual aid fellowship with the stated purpose of enabling its members to "stay sober and help other alcoholics achieve sobriety." AA is nonprofessional, self-supporting, and apolitical. The only membership requirement is a desire to stop drinking.

<http://aa-intergroup.org/directory.php>

SMART Recovery

SMART Recovery is an international non-profit organization that provides assistance to individuals seeking abstinence from addiction. SMART stands for Self-Management and Recovery Training. The SMART approach is secular and science-based, using cognitive behavioral therapy and non-confrontational motivational methods.

<https://www.smartrecovery.org/community/calendar.php>

Co-Dependents Anonymous (CoDA)

Co-Dependents Anonymous is a twelve-step program for people who share a common desire to develop functional and healthy relationships.

<https://coda.org/find-a-meeting/online-meetings/>

Adult Children of Alcoholics (ACA)

Adult Children of Alcoholics is an organization intended to provide a forum for individuals who desire to recover from the effects of growing up in an alcoholic or otherwise dysfunctional family.

Online: <https://adultchildren.org/quick-search/?onlinebt=Click+Here>

Telephone: <https://adultchildren.org/quick-search/?telephonebt=Click+Here>

Al-Anon

Al-Anon Family Groups is a "worldwide fellowship that offers a program of recovery for the families and friends of alcoholics, whether or not the alcoholic recognizes the existence of a drinking problem or seeks help."

<https://al-anon.org/al-anon-meetings/electronic-meetings>

Sex & Love Addicts Anonymous (SLAA)

Sex and Love Addicts Anonymous is a twelve-step program for people recovering from sex addiction and love addiction.

<https://slaafws.org/onlinemeetings>

Miscellaneous

<https://www.intherooms.com/home/live-meetings>