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