



# RECOVERY SUPPORTS AND TIPS FOR SUBSTANCE USE DISORDER DURING COVID-19

COVID-19 (often referred to as Coronavirus) has most people understandably concerned for a variety of reasons, including the highly contagious nature of the virus, the fact that people can carry it for days without showing symptoms, and the vulnerabilities of certain populations who could be more adversely impacted if they contract the virus—such as older adults and individuals with chronic health issues or compromised immune systems.

If you are in recovery from substance use disorder (SUD), you might experience some interruptions to the routines and strategies that have assisted you in your recovery process. The good news is that there are steps you can take during these challenging times to continue support your recovery and build your resiliency.

## ONLINE/VIRTUAL RECOVERY GROUPS AND RESOURCES:

- AA Meetings Online: [www.aa-intergroup.org](http://www.aa-intergroup.org) –Meetings available daily, check website for schedule
- Herren Project Virtual Recovery Groups: <https://herrenproject.org/recovery-meeting> –Nightly meetings at 7:30 PM, check website for meeting types (ie, open speaker, men’s meeting, women’s meeting, meditation meeting, etc.)
- In the Rooms Global Recovery Community: [www.intherooms.com](http://www.intherooms.com) –130 weekly meetings (includes both 12 Step and non-12 Step) available, check website for schedule
- Mindfulness Meditation Group: <https://zoom.us/j/960856858> –Wednesday mornings 8:30–9:30 AM, offered through the Common Street Spiritual Center of Natick (open to all, not just for recovery)
- My Recovery: [www.myrecovery.com](http://www.myrecovery.com) –Meetings available 24/7
- NA Meetings Online: [www.virtual-na.org](http://www.virtual-na.org) –Daily meetings, check website for schedule
- Refuge Recovery: <https://refugerecovery.org/meetings?tsml-day=any&tsml-region=online-english> Daily online meeting from a Buddhist inspired path to recovery
- SMART Recovery Online Meeting Groups: [www.smartrecovery.org/community/calendar.php](http://www.smartrecovery.org/community/calendar.php)
- Sobriety First media files: [www.mediafire.com/sobrietyfirst](http://www.mediafire.com/sobrietyfirst) --Written materials from AA and other 12-step groups as well as videos of talks on recovery
- Unity Recovery + WEconnect + Alano Club: <https://unityrecovery.org/digital-recovery-meetings> - Meetings daily at 9AM, 12PM, 3PM, & 9PM EST
- XA Speakers: [www.xa-speakers.org](http://www.xa-speakers.org) --Recordings of talks and presentations on 12-Steps and recovery

### APPS



- AA Big Book
- Celebrate Recovery
- NA Speakers
- Nomo Sobriety Clock
- Recovery Devotionals
- Recovery Path
- Sober Grid
- SoberTool
- 7 Cups of Tea

Do you have a virtual recovery resource?  
Let us know at [natick180@natickma.org](mailto:natick180@natickma.org).



**Natick 180**

Your community resource  
for addiction education,  
prevention & recovery.

# TIPS FOR PEOPLE IN RECOVERY:

- Be kind to yourself and to others. We are in unique times and are all learning as we go.
- You can practice social distancing (ie, only leaving home for essential tasks like grocery shopping, remaining 6 feet away from others) without becoming socially isolated. Stay in touch with a sponsor or with friends through phone calls, texting and social media. Make plans to check-in with each other regularly.
- Try an online or virtual 12-step/support group meeting. Check out the list we've compiled and try out a few to find the ones that you like best!
- If you are on medication assisted treatment (MAT) and/or you see a mental health provider, check with your provider or pharmacist to determine what the procedures will be if facilities have to temporarily close or quarantine. Telemedicine has become more widely available and might be an option for you. Check out the U.S. Substance Abuse & Mental Health Services Administration (SAMHSA) website to learn more about MAT and implications of COVID-19.



-  If you're not sick, get outside! Nature and sunlight are good for our health and well-being, and even a 5-10 minute walk can be restorative. Just be sure to stay at least 6 feet away from other people, limit physical contact with surfaces that other people touch, and wash or sanitize hands often.

- Create a new daily schedule to help you keep your physical and mental health strong. Routines are grounding and can provide us some predictability as we face challenging times.
- Make sure to get regular sleep, physical exercise and nutrition. These are critical to taking care of our mental health and our immune systems.
- If you require assistance with food or housing, contact the Natick Human Services Department at 508-647-6540 or the Natick Service Council at 508-655-1791. Both are assisting Natick residents by appointment only.



-  Catch up on some reading! Check out e-books online through the Morse Institute Library. If you're looking for recommended reading about addiction and recovery, Shatterproof has a list of 14 books to check out.
- If you have existing health concerns, please take care of yourself and take extra precautions to protect against exposure to COVID-19. Those who have compromised immune systems are more vulnerable to COVID-19's health effects.
- For questions about COVID-19 or referrals, dial 2-1-1 or go to www.mass211.org. Mass 211 offers free, multilingual services by phone and via online chat.

