

Online Support for Addiction and Sobriety

Online Recovery Communities:

Websites and forums such as Soberistas, InTheRooms, and SoberGrid offer online communities where individuals in recovery can connect, share experiences, and provide support to each other.

12-Step Programs Online Meetings:

Programs like Alcoholics Anonymous (AA), Narcotics Anonymous (NA), and SMART Recovery offer virtual meetings and forums where individuals can participate anonymously to receive support and guidance.

Mobile Applications:

Apps like Sober Grid, Sober Time, and I Am Sober provide tools for tracking sobriety, connecting with others in recovery, accessing resources, and receiving daily inspiration and motivation.

Online Counseling and Therapy:

Platforms like BetterHelp and Talkspace offer online counseling services where individuals struggling with addiction can connect with licensed therapists for support and guidance from the comfort of their own home.

Educational Websites and Resources:

Websites such as the National Institute on Drug Abuse (NIDA), Substance Abuse and Mental Health Services Administration (SAMHSA), and The Partnership for Drug-Free Kids provide educational resources, information on addiction, treatment options, and tips for maintaining sobriety.

Social Media Support Groups:

Facebook groups, Instagram accounts, and Twitter communities focused on addiction recovery provide spaces for individuals to share their experiences, seek advice, and offer support to others in similar situations.

Online Sober Coaching and Support Services:

Platforms like Lionrock Recovery and Soberlink offer online coaching and support services for individuals in recovery, providing personalized guidance, accountability, and resources to help maintain sobriety.

Podcasts and Webinars:

Podcasts like "The SHAIR Podcast" and "Recovery Elevator" feature stories of recovery, interviews with experts, and discussions on addiction-related topics, offering inspiration and support to listeners.

Online Self-Help Resources:

Websites like SoberTool and Recovery.org offer self-help resources, tools, and information on addiction recovery, coping strategies, and relapse prevention techniques.

Online Peer Support Groups:

Websites such as SoberRecovery and The Phoenix provide online peer support groups where individuals in recovery can connect with others facing similar challenges, share advice, and find encouragement.

Soberistas - An online community offering support, advice, and encouragement for individuals seeking to maintain sobriety. Website: soberistas.com

Intherooms - An online platform providing virtual 12-step meetings, discussion groups, and other resources for individuals in recovery. Website: intherooms.com

SMART Recovery Online - Offers online meetings, forums, and tools based on the SMART Recovery program, focusing on self-empowerment and evidence-based techniques for addiction recovery. Website: smartrecovery.org

AA Online Intergroup - Provides online meetings and resources for individuals seeking support through Alcoholics Anonymous (AA). Website: aa-intergroup.org

NA-Recovery - Online meetings and support forums for individuals seeking recovery through Narcotics Anonymous (NA). Website: na-recovery.org

Sober Grid App - A mobile app offering a sober community, peer support, and helpful resources for individuals in recovery. Website: sobergrid.com

SoberTool - An online resource providing tools, exercises, and support for maintaining sobriety and managing cravings. Website: sobertool.com

Lionrock Recovery - Online substance abuse treatment programs and support groups offering counseling, therapy, and recovery support. Website: lionrockrecovery.com

Recovery.org - An online resource providing information, articles, treatment directories, and support resources for individuals and families affected by addiction. Website: recovery.org

Soberistas Facebook Group - A private Facebook group affiliated with Soberistas.com, offering a supportive online community for individuals seeking sobriety. Group link: Soberistas Facebook Group