*Please note: The following resources and links may contain opinions and content that do not reflect Fraser Health Mental Health & Substance Use Services. We encourage you to use your judgment and/or connect with your service provider if you have any questions, concerns or immediate substance use service needs.*

**Links to Online Supports**

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| --- | --- |
| **Online Support Group Source** | **Web Link** |
| **Narcotics Anonymous (NA)** - links to online support groups worldwide | [**Narcotics Anonymous Online Support**](https://www.na.org/meetingsearch/) |
| **Cocaine Anonymous (CA)** – list of on-line support groups worldwide | [**Cocaine Anonymous Online Support**](http://www.ca-online.org/) |
| **Alcoholics Anonymous (AA)** – list of all of their online support groups worldwide and online materials | [**Alcoholics Anonymous Online Support**](http://www.aa-intergroup.org/) |
| **AA Sober Living** – online recovery for those in all stages of recovery for family, friends and loved ones. | [**AA Sober Living Online Support**](http://www.aasoberliving.com/) |
| **Sober Recovery -** The message board in this directory of recovery resources covers a wide variety of categories: Newcomers, Ask the Experts, General Forums, Alcoholism (AA, Alanon, ACOA), Drug Addiction (NA, Nar-Anon), Family and Friends, Mental Health and more | [**www.soberrecovery.com/forum**](http://www.soberrecovery.com/forum) |
| **Self-Management and Recovery Training (SMART recovery)** - Lists are of the virtual forums, specialized groups and tools available from SMART Recovery | [**Smart Recovery Online Support**](https://www.smartrecovery.org/community/) |
| **In the Rooms** - A free online recovery tool that offers 130 weekly online meetings for those recovering from addiction and related issues. They embrace multiple pathways to recovery, including all 12 Step, Non12 Step, Wellness and Mental Health modalities. | [**https://www.intherooms.com/home/**](https://www.intherooms.com/home/) |
| **Harm Reduction Network (HAMS) -** HAMS is a free of charge peer led support group for people who want to reduce substance use related harms. HAMS offers support via a chat room, an email group, and live meetings. HAMS supports every goal from safer use to reduced use to abstinence from alcohol. Their daily chat is schedule for 9 P.M. EST , 6 P.M. PST. | [**www.hamsnetwork.org**](http://www.hamsnetwork.org) |

**Links to Videos**

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| **Video Length** | **Source and Description** | **Link to Video** |
| 5:52 minutes | Dr. Steven Melemis speaks about *Relapse Prevention: Early warning signs and important coping skills* | <https://www.youtube.com/watch?v=FmjjxdDwOIc> |
| 17:50 minutes | **Smart Recovery Relapse Prevention Video** from 2013 Annual Conference | [SMART Recovery Relapse Prevention](https://youtu.be/z4lec7ccMeg) |
| Various videos | **Smart Recovery Toolbox –** several videos with tips, testimonials, structured learning and support | <https://www.smartrecovery.org/videos/> |
| 3:27 minutes | **3 Minute Body Scan Meditation** for adults and children | <https://www.youtube.com/watch?v=ihwcw_ofuME> |
| 24:51 minutes | **Meditation for Addiction and Relapse Prevention** | <https://www.youtube.com/watch?v=USMo9uhQ7Hc> |
| 3:42 minutes | **Facts about Relapse from the Sunshine Coast Health Centre** | <https://www.sunshinecoasthealthcentre.ca/blog/facts-about-relapse/> |
| 147 videos various lengths | **Sobriety Television** – focuses on addiction recovery and staying healthy from a 12-step framework | <https://www.youtube.com/user/sobrietytelevision> |
| 30 videos various lengths | **Wired in Recovery** – mission is to empower people to overcome their substance use issues | <https://www.youtube.com/user/wiredinrecovery> |
| 77 videos various lengths | **Foundations Recovery Network** – for people in recovery with both mental health and substance use needs | <https://www.youtube.com/user/foundationsrnetwork> |
| 154 videos various lengths | **SAMHSA’s Official YouTube channel** – Branch of U.S. government and includes evidence-informed materials | <https://www.youtube.com/user/SAMHSA> |
| 135 videos various lengths | **AA100011** is unofficial channel for Alcoholics Anonymous | <https://www.youtube.com/user/AA100011> |
| 10:00 minutes | **Getting Stuck in the Negatives and How to Get Unstuck** – Alison Ledgerwood- TEDxUCDavis | <https://www.youtube.com/watch?v=7XFLTDQ4JMk> |

**Links to Information and Print Resources**

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| **Sources** | **Brief Description** | **Web Link** |
| Published by BC’s Here to Help and compiled by CMHA | Provides descriptions, tips and links to resources in response to heightened anxiety and stress that could lead to relapses | <https://www.heretohelp.bc.ca/infosheet/covid-19-and-anxiety> |
| Published by BC’s Here to Help and compiled by CMHA | Provides an electronic workbook about “You and Substance use” to understand and manage alcohol and other substances | <https://www.heretohelp.bc.ca/workbook/you-and-substance-use-stuff-to-think-about-and-ways-to-make-changes> |
| British Columbia Centre for Disease Control (BCCDC) | Harm reduction information for people who use substances in the context of COVID-19 | <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/vulnerable-populations/people-who-use-substances> |
| Centre for Addiction & Mental Health (CAMH) | Portico is web-based platform powered by CAMH that has several substance use resources including this link to preventing and managing relapses | <https://www.porticonetwork.ca/web/fundamentals-addiction-toolkit/motivation-change/relapse-prevention> |
| Centre for Addiction & Mental Health (CAMH) | This web page is devoted to coping with stress and anxiety that may be heightened during the COVID-19 pandemic | <https://www.camh.ca/en/health-info/mental-health-and-covid-19> |
| Sunshine Coast Health Centre | This website provides links to various relapse prevention tools created from evidence using primarily Alan Marlatt’s and Terence Gorski’s publications. There are also some relapse resources for people with concurrent disorders | <https://www.sunshinecoasthealthcentre.ca/relapse-prevention/> |
| Alberta Health Services | Lists ways to avoid relapse; ways to manage cravings and stress, ways identify and respond to high risk situations for yourself; and further resources | [**https://www.albertahealthservices.ca/amh/Page2485.aspx**](https://www.albertahealthservices.ca/amh/Page2485.aspx) |
| Alberta Health Services | Here to Help on Tough Times- links to various online resources for mental wellness including national income supports in response to COVID-19 | <https://www.albertahealthservices.ca/amh/Page16759.aspx> |
| British Columbia Centre for Disease Control (BCCDC) | Information about COVID-19, how to protect yourself, your family and community and what to do if you suspect you have the virus | <http://www.bccdc.ca/health-info/diseases-conditions/covid-19> |
| Fraser Health | Information about COVID-19 specific to Fraser Health region | <https://www.fraserhealth.ca/health-topics-a-to-z/coronavirus#.XnzzMHdFyUk> |