

Web-based Mutual Support Resources for Individuals with a Substance Use Disorder (SUD)

Online Mutual Support and 12-Step Groups

In Pennsylvania:

- PRO-A is a PA stateside recovery organization: the [PRO-A website](#) has a variety of resources
- Unity Recovery - Recovery Community Organization in Philadelphia - [online meetings](#)

12-step support programs on the web:

- AA online (Alcoholics Anonymous) - three options for multiple web-based meetings
 - [AA intergroup](#)
 - [Online group](#)
 - [Online meeting](#)
- NA online (Narcotics Anonymous) - two options for multiple web-based meetings
 - [Virtual NA meetings](#)
 - [NA.org](#)
- [CA online](#) (Cocaine Anonymous)
- [MA online](#) (Marijuana Anonymous)
- [CMA online](#) (Crystal Meth Anonymous)
- [Dual recovery](#) - 12-step program for individuals with a SUD who also have a co-occurring mental illness.
- [In the Rooms](#) - large, online community and resources, including web-based 12-step meetings, social forums, and free self-help materials available at

Non-12-step mutual support programs:

SMART Recovery - this is a non-12-step model of mutual support

- SMART recovery includes online meetings, self-help resources, and educational materials for family members
- Good alternative option for people who are uncomfortable with the faith-focused aspects of 12-step meetings
- Select toolbox on the website to find online meetings at www.smartrecovery.org

LifeRing - another secular mutual support program on the web. Like smart recovery, has a variety of online meeting formats as well as reading materials. Visit www.lifering.org/online-meetings

Websites for Family and Friends Living with a Person with a SUD

PA-specific resources

- [Bridges to Hope](#) - support program in Western PA for families with a family member with a SUD
- [Women for Sobriety](#) - Their purpose is to help all women with recovery through the discovery of self, gained by sharing experiences, hopes and encouragement with other women in similar circumstances. Online meetings available and meeting finders. Visit womenforsobriety.org or call 215-536-8026

National Websites and Support Services

- [Families anonymous](#) - 12-step support program for family members
- [Al-Anon and Alateen](#) - PA chapter
- [Nar-Anon](#) - Similar to Al-Anon, another 12-step based support program for families of loved ones with a SUD
- **National Institute of Drug Abuse (NIDA)** - [section for families and patients](#).
- **Partnership for Drug-Free Kids** - This nonprofit organization aims to help families struggling with their son or daughter's substance use. They provide information, support, and guidance to families. They offer a helpline that helps families connect with experts. Visit drugfree.org.
- **Alateen** - For teens whose lives have been affected by someone else's drinking. Like Al-Anon, [Alateen provides group meetings](#) where members share experiences and learn the principles of the Al-Anon program.
- **Coalition for Recovery** increases the public's recognition that people can and frequently do recover from serious mental illnesses and substance use disorders. The Coalition sponsors a variety of events designed to reach out to the general public, users of behavioral health services, and providers of those services, with information and resources related to the recovery process. Visit <http://coalitionforrecovery.org>
- **Family Resource Center** - This website has various resources for families to understand and address a child's substance use. The resources can be filtered by the intended user, for example, parents of young adolescents, older teens, adult children, or teachers/community support personnel.
- **Adult Children of Alcoholics** - This program is for men and women who grew up in an alcoholic or otherwise dysfunctional home. The only requirement for membership is a desire to recover. Visit www.adultchildren.org or call 310-534-1815
- **Addiction Survivors** is dedicated to providing peer support communities for those with addiction disorders and their families and friends. These forums are currently READ-ONLY.

Smartphone Apps

- Smart phone apps for substance use disorders
- [Updated overview of 10 useful apps for alcohol use disorders](#)
- [Sober Grid app](#)
- Nomo–Sobriety Clocks
- Gratitude Happiness Journal
- Sober Time–Sobriety Counter
- 12 Step Meditation Daily Reflections AA
- SoberTool–Addiction Recovery
- Celebrate Recovery
- Pocket Rehab: Sobriety Time
- Recovery Today
- Life Recovery
- Sober Grid–Social Network
- Daily Bread–AA Speakers
- Twenty-Four Hours a Day
- Al-Anon Speaker Tapes for Al-Anon, Alateen