

Substance Use Disorder Resources

The COVID-19 pandemic presents unique challenges for people with substance use disorders (SUDs) and people in recovery. To address these needs we are providing a list of local, state, and federal resources for both Substance Use Disorder (SUD) treatment and recovery.



Whidbey Island Providers:
Sea Mar Behavioral Health Clinic 360-679-7676
www.seamar.org/island-bh-oakharbor.html
Sunrise Services 360-682-6536
sunriseservicesinc.com/
Ideal Option 877-522-1275
www.idealoption.com/clinics/oak-harbor
Lifeline Connections 800-604-0025
lifelineconnections.org/

Off Island Providers:
Didgwalic Wellness Center 360-588-2800
www.didgwalic.com/
Catholic Community Services 360-856-3054
ccsww.org/get-help/skagit-county/
Phoenix Recovery 360-848-8437
pioneerhumanservices.org/
Skagit County Crisis Center 360-757-7738
pioneerhumanservices.org/treatment/centers
American Behavioral Health Systems 866-729-8030
www.americanbehavioralhealth.net/

Important information from the Substance Use and Mental Health Services Administration:

In an infectious disease outbreak, when social distancing and self-quarantine are needed to limit and control the spread of the disease, continued social connectedness to maintain recovery are critically important. Below are resources that can be used to virtually support recovery from mental/substance use disorders:

Virtual Recovery Programs

Alcoholics Anonymous: Offers online support <http://aa-intergroup.org/>

Cocaine Anonymous: Offers online support and services <https://www.ca-online.org/>

LifeRing: LifeRing Secular Recovery offers online support <https://www.lifering.org/online-meetings>

In The Rooms - Online Recovery Meetings: Provides online support through live meetings and discussion groups <https://www.intherooms.com/home/>

Marijuana Anonymous: Offers virtual support <https://ma-online.org/>

Narcotics Anonymous: Offers a variety of online and skype meeting options
<https://www.na.org/meetingsearch/>

Reddit Recovery: Offers a virtual hang out and support during recovery
https://www.reddit.com/r/REDDITORSI_NRECOVERY/

Refuge Recovery: Provides online and virtual support <http://bit.ly/refuge-recovery1>

Self-Management and Recovery Training (SMART) Recovery: Offers global community of mutual-support groups, forums including a chat room and message board
<https://www.smartrecovery.org/community/>

SoberCity: Offers an online support and recovery community <https://www.soberocity.com/>

Sobergrid: Offers an online platform to help anyone get sober and stay sober
<https://www.sobergrid.com/>

Soberistas: Provides a women-only international online recovery community <https://soberistas.com/>

Sober Recovery: Provides an online forum for those in recovery and their friends and family
<https://www.soberrecovery.com/forums/>

We Connect Recovery: Provides daily online recovery groups for those with substance use and mental illness <https://www.weconnectrecovery.com/free-online-support-meetings>

Unity Recovery + WEconnect + Alano Club: Providing daily virtual meeting for those in recovery and for their family members <https://unityrecovery.org/digital-recovery-meetings>

The National Alliance for Mental Illness (NAMI) Helpline Coronavirus Information and Resources Guide
<http://bit.ly/NAMIresource>

Hazelden Betty Ford Foundation contains online support meetings, blogs, mobile apps, social media groups, and movie suggestions, including the online support community, *The Daily Pledge*:
<https://www.hazeldenbettyford.org/recovery/tools/daily-pledge> and *“Tips for Staying Connected and Safeguarding Your Addiction Recovery”*: <http://bit.ly/HBF-Tips>

Shatterproof: *“How I’m Coping with COVID-19 and Social Isolation as a Person in Long-Term Recovery”* provides helpful suggestions <http://bit.ly/shatterproof-coping>

The Chopra Center: *“Anxious About the Coronavirus? Here Are Eight Practical Tips on How to Stay Calm and Support Your Immune System.”* <http://bit.ly/Chopra-calm>

The Disaster Distress Helpline, [1-800-985-5990](tel:1-800-985-5990), is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call [1-800-985-5990](tel:1-800-985-5990) or text **TalkWithUs to 66746** to connect with a trained crisis counselor.

SAMHSA’s National Helpline, [1-800-662-HELP \(4357\)](tel:1-800-662-HELP(4357)), (also known as the Treatment Referral Routing Service) or TTY: [1-800-487-4889](tel:1-800-487-4889) is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.