

RECOVERY RESOURCES DURING COVID-19

Online Recovery Meetings & Support

Alcoholics Anonymous online meetings: bit.ly/AAintergroup

Lancaster County Alcoholics Anonymous online meetings: lancasteraa.org/zoom-meetings

Lancaster County Narcotics Anonymous online meetings: lancasterpana.org/online-na-meetings

Medication Assisted Recovery Anonymous online meetings: mara-international.org/zoommeetings

Narcotics Anonymous online meetings: bit.ly/2IWqVd4

RecoveryLink online meetings and support for individuals and family members: myrecoverylink.com

Refuge Recovery online meetings: <http://bit.ly/refuge-recovery1>

Unity Recovery online meetings: bit.ly/UnityRCOmtgs

Pro-A lists additional online meetings and resources here: bit.ly/2w9Ufdr

SAMHSA lists online meetings, podcasts, and other resources here:

samhsa.gov/sites/default/files/virtual-recovery-resources.pdf

Finding Treatment & Other Help

Compass Mark

This local organization can help you find a treatment provider or recovery support. Call between 9:00am and 5:00pm on Monday thru Friday, or visit their website any time.

Call: 717-299-2831

Website: compassmark.org/find-help

Get Help Now Helpline

This hotline is available 24 hours a day, 7 days a week, 365 days a year to help you find a treatment provider for mental health and/or substance use issues. You can also text, visit the website, or chat online.

Call: 1-800-662-HELP (4357)

Text: 717-216-0905

Chat Online: bit.ly/GHNchatline Website: findtreatment.gov

PA 211

To find local resources, call 2-1-1. This hotline is available 24 hours a day, 7 days a week, 365 days a year.

The RASE Project

This local organization can provide recovery support or help you find a treatment provider. Their walk-in recovery center is closed to visitors until further notice, but you can speak with a certified recovery specialist by calling 717-295-3080.

Harm Reduction

If you know someone who is actively using drugs, it is important to know that COVID-19 is a respiratory illness that increases the risk of overdose. They can find information about staying safe during the outbreak here: <https://harmreduction.org/miscellaneous/covid-19-guidance-for-people-who-use-drugs-and-harm-reduction-programs/>

Lancaster County Crisis Intervention 717-394-2631

Suicide Prevention Lifeline 1-800-273-TALK (8255) or chat online at suicidepreventionlifeline.org

Crisis Text Line 741-741

Disaster Distress Hotline 1-800-985-5990

Domestic Violence Services of Lancaster County 717-299-2831

Contact Listening Line 1-800-932-4616

YWCA Sexual Assault Hotline 717-392-7273

