

For Youth 15-18

<https://bouncebackontario.ca/>  
<https://www.bigwhitewall.com/?lang=en-ca&from=ca/>

### **12 Step Online Meetings**

An online Alcoholics Anonymous directory of meetings in various formats, including email, chat room, audio/video, discussion forums, and telephone.

**Alcoholics Anonymous** <http://aa-intergroup.org/directory.php>

**Cocaine Anonymous** <https://www.ca-online.org/>

**Narcotics Anonymous** <https://www.na.org/meetingsearch/text-results.php?country=Web&state&city&zip&street&within=5&day=0&lang&orderby=distance>

### **AA Sober Living**

Online recovery help for those in all stages of recovery, family, friends and loved ones including message boards, chats, blogs, and daily and weekly readings.

[www.aasoberliving.com](http://www.aasoberliving.com)

### **SMART Recovery**

This website includes message boards, chat rooms, online meetings, and an online library of recovery resources.

<https://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/>

### **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, Non-12 Step, Wellness and Mental Health modalities.

<https://www.intherooms.com/home/>

### **The Daily Pledge**

This is Hazelden Betty Ford Foundation's free online Community Social Site. It provides a home page to make a Daily Pledge to sobriety with healthy daily activities to help people see others "recover out loud." The site also includes a Discussions forum, Chat, Online Meetings, Fun and Photo sections, private messaging with other members, and other interactive involvements. You need to sign-up to participate.

<https://thedailypledge.org/>

### **myRecovery**

This is a free social networking community and resource center for those in alcohol and drug addiction recovery. Similar to other social networking community sites such as Facebook, myRecovery offers a full profile system with a real time "wall", the ability to add photos and videos, and the option for people to display as much or as little information about themselves as they wish, including full anonymity. There is also a live public video chat as well as an open forum section where users can post on a number of topics. Members can also create their own groups. myRecovery has a resource section with recovery tools including a large repository of addiction-related videos and audio files, a comprehensive 12-step meetings search to help people find meetings in their area, a live online video meetings section, a recovery blog, latest news on addiction and an assessment section.

[www.myrecovery.com](http://www.myrecovery.com)

### **SoberRecovery**

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 much more.

[www.soberrecovery.com/forum](http://www.soberrecovery.com/forum)

### **CannabisRehab.org**

This free online drug rehab group was originally set up just to help those trying to quit marijuana but they now welcome anyone struggling with drug addiction.

[www.cannabisrehab.org](http://www.cannabisrehab.org)

### **HAMS Harm Reduction Network**

HAMS is a free of charge peer led support group for people who want to reduce the harm in their lives caused by alcohol or other substances. 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.

[hamsnetwork.org](https://hamsnetwork.org)

### **Relapse Prevention**

<https://www.addictionsandrecovery.org/relapse-prevention.htm>

### **Online Adult Mental Health Resources**

#### **Moodgym**

moodgym is an online self-help program designed to help users prevent and manage symptoms of depression and anxiety. It is like an interactive, online self-help book which teaches skills based on cognitive behavior therapy.

<https://moodgym.com.au/>

#### **Depression and Bipolar Support Alliance**

An online support groups provide people living with depression and bipolar disorder a place to share experiences, discuss coping skills, and offer hope to one another. DBSA support groups are peer-led, meaning they are facilitated by someone living with a mood disorder. Currently there are groups for peers, young adults, and friends and family members.

<https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/>

#### **Turn2Me**

Hosts free online support groups for anxiety, depression, stress management, suicidal thoughts and feelings, and more.

<https://turn2me.org/group-supports>

#### **Anxiety and Depression Association of America (ADAA)**

ADAA provides a broad range of free resources to the public including webinars, podcasts, blog posts, two online peer-to-peer support communities, a “find a therapist” directory and a monthly e-newsletter.

<https://adaa.org/adaa-online-support-group>