

Online Resources & Support During COVID-19

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Crisis Lines

- NAMI Helpline – 800-950-NAMI; M-F, 10 AM - 6 PM ET
- Safe Call Now – 1-206-459-3020
 - A 24/7 helpline staffed by first responders for first responders and their family members. They can assist with treatment options for responders who are suffering from mental health, substance use and other personal issues.
- Fire/EMS Helpline – 1-888-731-3473
 - Also known as Share The Load. A program run by the National Volunteer Fire Council. They have a help line, text based help service, and have also collected a list of many good resources for people looking for help and support.
- National Suicide Prevention Lifeline – 1-800-273-8255
 - The national (USA) suicide hotline. Not first responder specific, but they can and will talk to anyone who needs help.
- Crisis Text Line
 - A service that allows people in crisis to speak with a trained crisis counselor by texting “Start” or “Help” to 741-741.
- Copline (Law Enforcement Only) – 1-800-267-5463
 - A confidential helpline for members of US law enforcement. Their website also has additional information on help and resources.
- Frontline Helpline – 1-866-676-7500
 - Run by Frontline Responder Services. Offer 24/7 coverage with first responder call-takers.
- Veterans Crisis Line (Veterans only)- 1-800-273-8255 & press 1, or text 838255
 - A crisis line specifically for veterans of the US armed forces
- Kristin Brooks Hope Center (Depression/Suicide Hotline) 1-800-442-4673
- Acute Crisis Evaluation 214-388-2412
- National Domestic Violence Hotline 1-800-799-7233
- National Runaway Switchboard 1-800-RUNAWAY (786-2929)
- LOVE is respect: National Teen Dating Abuse Helpline 1-866-331-9474
- Texas Youth Hotline 1-800-98YOUTH (1-800-989-6884)
- AIDS Hotline (800) 232-4636
- National Child Abuse Hotline (800) 422-4453
- Sexual Violence Hotline (800) 656-4673
- Teens Helping Teens (310) 855-4673
- Pregnancy Hotline (866) 942-6466
- Crisis Trauma Txtline Connect with the Crisis Text Line by texting HOME to 741741
- Disaster Helpline 800-985-5990 or by text TalkWithUs to 66746



Depressive/Bipolar Disorders

Postpartum Support International

Dedicated PSI members, leaders and friends work tirelessly across all levels to meet goals of the shared PSI mission of support, education, advocacy and research for people living with mental illness through various activities, including online support meetings.

<https://www.postpartum.net/get-help/psi-online-support-meetings/>

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- The PSI HelpLine is a toll-free telephone number anyone can call to get basic information, support and resources.
- Call the PSI HelpLine at 1-800-944-4773(4PPD)
- Send a text message to Helpline: 503-894-9453 (English)
- Mandar texto en español al 971-420-0294
- Dial extension 1 for Spanish and extension 2 for English.
- The HelpLine messages are returned every day of the week. You are welcome to leave a confidential message any time, and one of the HelpLine volunteers will return your call as soon as possible. If you are not able to talk when the volunteer calls you, you can arrange another time to connect. The volunteer will give you information, encouragement, and names of resources near you.

Depression and Bipolar Support Alliance

DBSA 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/>

Emotions Anonymous International

Nonprofit organization that facilitates the ongoing efforts of an international fellowship of men and women who desire to improve their emotional well-being. EA members come together in weekly meetings for the purpose of working toward recovery from any sort of emotional difficulties. EA members are of diverse ages (18+), races, economic status, social and educational backgrounds. The only requirement for membership is a desire to become well emotionally.

<https://emotionsanonymous.org/what-we-offer/find-a-meeting/phone-and-internet-meetings.html>

Additional Meeting Formats: Phone, Chat, Skype, YouTube, Facebook Messenger, Online Conference Call

Mental Health America

Connect with individuals impacted by mental health conditions for support. Discuss depression, anxiety, OCD, PTSD, schizophrenia and more in the forums.

<https://www.inspire.com/groups/mental-health-america/>

American Association of Suicidology: Support for family/friends that have lost a loved one to suicide

<https://suicidology.org/resources/support-groups/>

The Balanced Mind Foundation

<http://community.dbsalliance.org/welcome.htm>

Borderline Personality Disorder Resource Center

<http://www.bpdresourcecenter.org/>

Families for Depression Awareness Toolkit

<http://www.familyaware.org/>

Anxiety/Trauma

About Anxiety and Depression Support



Up! is a tracking app intended for users living with mood disorders. Users can track sleep, work, physical activity and smartphone use.

It offers automatic tracking that enables users to input their favorite places like work, gym and home so Up! can record time spent in these locations automatically.

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This community is a safe space for those affected by anxiety and depression to talk to others who truly understand. ADAA is a nonprofit dedicated to the prevention, treatment, & cure of anxiety, depression, OCD, PTSD and co-occurring disorders through education, practice, & research. www.adaa.org offers free educational resources for more than 38 million annual visitors; Find-a-Therapist database; webinars, blog posts, podcasts & videos; support groups, and more. ADAA does not provide psychiatric, psychological, or medical advice, diagnosis, or treatment. Please note: You may be contacted by one of our administrators to invite you to serve as a volunteer administrator or to share your story. If we do reach out to you, your anonymity is not compromised unless you agree to share personal contact information with us. If you do not wish to engage with us, simply do not respond.

<https://adaa.org/>

<https://healthunlocked.com/anxiety-depression-support/about>

Survivors Art Foundation (For trauma survivors)

<http://www.survivorsartfoundation.org/>

Self-Help for Anxiety Management



Self-Help for Anxiety Management (SAM) is an app for individuals experiencing symptoms of anxiety, and provides users with a symptom tracker, educational articles and external links, relaxation techniques, coping skills.

Breathe2Relax



Breathe2Relax is designed to help users build skills in diaphragmatic breathing, a relaxation technique derived from treatments for PTSD and anxiety. The app guides users through practice sessions that can be customized to user preferences and needs.

PTSD Coach WWW.



PTSD Coach provides information about post-traumatic stress disorder, skills for managing symptoms, and resources for obtaining support. The app also allows users track their symptoms over time.

Trauma Survivors Network Resources

<https://www.traumasurvivorsnetwork.org/pages/resources-for-survivors>

Eating Disorders

Eating disorders

The National Association of Anorexia Nervosa and Associated Disorders offers a number of online support groups for those with eating disorders. Groups are available for those suffering from or recovering from anorexia, bulimia, binge eating, body dysmorphic disorder and more.

ED Online Support

<https://anad.org/education-and-awareness/online-resources/otheronlinesupportgroups/>

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National Eating Disorder Association Helpline

<https://www.nationaleatingdisorders.org/help-support/contact-helpline>

OCD Support

Online and Phone OCD Support Groups

For many years, a small group of dedicated volunteers have been managing dozens of online support groups covering many different OCD and related disorders topics. All groups are moderated and occasionally visited by therapists who treat OCD and OC related disorders.

<https://iocdf.org/ocd-finding-help/supportgroups/online-and-phone-ocd-support-groups/>

International Obsessive Compulsive Disorder Foundation

http://www.ocfoundation.org/find_a_support_group.aspx



Children & Adolescents

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)

CHADD offers resources, advocacy and online community support for children and adults affected by ADHD.

Parents and Caregivers Community: <https://healthunlocked.com/adhd-parents>

Adult Support Community: <https://healthunlocked.com/adult-ADHD>

Attention Deficit Disorder Association

ADDA Virtual Peer Support Groups and Workshops

Several new series of [ADDA Virtual Peer Support Groups and Virtual Workshops](#) are available. If you'd like to meet with other adults with ADHD without leaving the comfort and privacy of your home, ADDA Virtual Groups offer ADDA members the opportunity to connect with peers for support in a safe non-judgmental environment.

<https://add.org/> (Scroll down to Community Calendar)

Autism Society 800-3-AUTISM (800-328-8476) | Monday through Friday 9am - 5pm EST

National Helpline Open for Support. The Autism Society's National Helpline welcomes your phone calls, emails and letters. Please keep in mind that our helpline does not provide direct services/assistance, such as treatment, legal services, and case management. However, our trained Information & Referral (I&R) Specialists provide many resources to services and supports across the country.

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Autism Speaks 1-888-AUTISM2 (1-888-288-4762) En Español: 1-888-772-9050

The Autism Response Team (ART) is an information line for the autism community. Our team members are specially trained to provide personalized information and resources to people with autism and their families. *Call our toll-free number or send us an email – we're available between 9am and 5pm in all time zones. Live chat is also available between 9am and 5pm ET.*

<https://www.autismspeaks.org/news/covid-19-information-and-resources>

UNC Toolkit for supporting children/youth with ASD during COVID-19

<https://ed.unc.edu/2020/03/19/unc-team-creates-online-toolkit-for-those-supporting-individuals-with-autism-during-covid-19-epidemic/>

Attention Deficit Disorder Association

<https://add.org/adhd-support-groups/>

O.A.S.I.S. @MAAP

Autism and Asperger Syndrome support group information for both individuals and their family/friends; Support groups

<http://www.aspergersyndrome.org/>

Substance Use Disorders

Alcoholics Anonymous

Alcoholics Anonymous offers a rather significant number of online recovery group options. Online groups available range from Google Groups where you can chat in text form to video chat options that happen at a pre-set time, similar to a traditional meeting.

Al-Anon

Al-Anon offers phone meetings as well as meetings over Skype, Facebook Messenger Discord, Email and WhatsApp. On the site, you can sort available meetings your preferred language (it has meetings in English, Spanish, and French) as well as what day and platform you would prefer.





Adult Children of Alcoholics


Adult Children of Alcoholics offers both phone and online meeting options. Options range from scheduled phone meetings and chats, to chat rooms that you can visit whenever you'd like.

Substance Use Disorders and gambling

In The Rooms offers 130 weekly online meetings for people recovering from addiction and related issues. The site can also help you connect with others who are also in recovery for support.

Not everyone can make it to meetings in person. Here are some resources that many use to access vital recovery support online from home:

Alcoholics Anonymous  aa-intergroup.org/directory.php onlinegroupaa.org aaonlinemeeting.net	Narcotics Anonymous  virtual-na.org na.org/meetingsearch *for country, select "Web"
SMART Recovery  smartrecovery.org/smart-recovery-toolbox/smart-recovery-online smartrecovery.org/private-convenient-online-recovery-support	Other Resources  addictioncampuses.com/alcohol/apps-for-recovery sobergrid.com/howitworks intherooms.com/home unityrecovery.zoom.us/my/allrecovery


 RECOVERY RESEARCH INSTITUTE
 RECOVERYANSWERS.ORG

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Smart Recovery

Chat Room: The chat room is open 24 hours a day, 7 days a week, and 365 days a year. Because there are online members from all over the world, there is usually always someone in the chat room.

Online Meetings: SROL hosts several online meetings each day. The [Online Meeting Schedule](#) can be found at the top of each webpage on the community site. Online meetings are 90 minutes long and run by trained volunteer facilitators. <https://www.smartrecovery.org/community/> - online thread board
<https://www.smartrecovery.org/community/calendar.php>

Cocaine Anonymous

Cocaine Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from their addiction. Offers online meetings: <https://ca.org/meetings/online-meetings/>

Adult Children of Alcoholics

<http://www.adultchildren.org/>

Recovery International

<http://www.recoveryinternational.org/meetings/find-a-meeting/>

Additional App/Resource

12 Step Toolkit: <https://www.12steptoolkit.com/> - available on iOS and Android

Mobile Apps

Mindfulness



ACT Coach
Mindfulness

android | iphone



Breathe2Relax
Breathing

android | iphone



Stop, Breathe, Think!
Mindfulness/Stress

android | iphone



Headspace
Meditation/Mindfulness

android | iphone



Calm
Meditation/Sleep

android | iphone



Insight Timer
Meditation/Sleep

android | iphone

Support



DBT Diary
DBT/Coaching

iphone



Operation Reachout
Breathing

android | iphone



PTSD Coach
PTSD

android | iphone

Stress



Breathe2Relax
Breathing

android | iphone



Happify
Stress/Positivity

android | iphone



MindShift
Stress/Anxiety

android | iphone



SAM
Anxiety/Stress

android | iphone

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