

# Substance Use Disorder Treatment During COVID-19

If you or a family member is in recovery or seeking treatment for a substance use disorder, the nation's current pandemic may seem like a huge obstacle. After all, your connections and support systems are key. Fortunately, many recovery programs are remaining open or offering virtual care options, and New Directions can help you locate what you need.

## Virtual recovery

For anyone wanting to start or stay in treatment while practicing social distancing, many recovery organizations are offering online support groups. Here are a few you can check out:

- [Alcoholics Anonymous: Options for Meeting Online](#)
- [SMART Recovery Online Meetings & Events](#)
- [Al-Anon Electronic Meetings](#)
- Adult Children of Alcoholics: [Online Meetings](#) & [Telephonic Meetings](#)
- [In the Rooms: A Global Online Recovery Community](#)

## Mobile apps

While the world is staying connected through smartphones, you can also stay on track with help from recovery-related apps available for Apple and Android devices. Search for these apps on your preferred app store:

- Twelve Steps: The Companion (paid)
- Recovery Box – 12 Step Toolbox (free)
- Twenty-Four Hours a Day (free)
- SoberTool (free)
- Sober Grid – Social Network (free)

## Access to medication

During this time of uncertainty, you may also be worried about getting your treatment medications for opioid or alcohol use. Check with your doctor to see if you can begin or continue your treatment and prescriptions via telehealth from the safety of your own home.

## Harm reduction

If you are using substances, consider using [these harm reduction strategies](#) to make use safer and decrease your chance of exposure to infections, especially COVID-19. Here are additional resources:

- [Safe Needle Disposal](#)
- [NEXT Distro: Online and mail-based harm reduction](#)
- [Never Use Alone](#)

For help finding the right services in your area, call the New Directions Emotional Support Hotline at 833-848-1764. Resources and additional information on substance use, addiction and treatment are available at [ndbh.com/Resources/SubstanceUseCenter](https://ndbh.com/Resources/SubstanceUseCenter).

**New Directions is here for you.**

We're available to support you 24 hours a day, 7 days a week.