

**Barnstable County Virtual Recovery Supports**  
**Prepared by RSAC Recovery Workgroup**  
**11/10/20**

**Massachusetts Substance Use Helpline**

[Www.helplinema.org](http://www.helplinema.org)

1-800-327-5050

**National Suicide Prevention Lifeline**

1-800-273-8255

**General Information**

- SAMHSA (<https://www.samhsa.gov>) is providing guidance and resources to assist individuals, providers, communities, and states including:
  - Virtual recovery meetings
  - Considerations for the Care and Tx of Mental and Substance Use Disorders in the COVID-19 Epidemic
  - Guidance for Opioid Treatment Programs including new MAT guidance
  - Telemedicine information
  - Congregate living recommendations
- [www.cdc.gov](http://www.cdc.gov)
- [www.mass.gov](http://www.mass.gov)
- <https://rizema.org/resources/>

**Local Virtual Recovery Resources**

- **Cape Cod Intergroup Alcoholics Anonymous** has a calendar of virtual meetings here. <https://capecodaa.net/wordpress/meetings/>
- **Cape Cod NA Meeting List**  
<https://tinyurl.com/y7knz62k>  
For more info or to talk to a peer in recovery, call NA's helpline at:  
1 (866) NA HELP U
- **Gosnold Family Education and Support Meetings**  
The Gosnold Reaching Out program is a resource for family members and loved ones affected by addiction. It assists the family at all stages of addiction through education, intervention, and support. For more information visit <http://gosnold.org/for-families/>.
- **Herren Project Online Support Groups**  
Meetings are confidential and follow the same principle of 12 step meetings that "who you see here, what you hear here, when you leave here, let it stay here." Participation (speaking/sharing) is not required. Must be 18 years of age to participate.  
<https://herrenproject.org/recovery-meeting/>

## Barnstable County Virtual Recovery Supports

Prepared by RSAC Recovery Workgroup

11/10/20

- **In the Rooms** is a free online recovery tool that offers 130 weekly online meetings for those recovering from addiction and related issues. We embrace multiple pathways to recovery, including all 12 Step, Non-12 Step, Wellness and Mental Health modalities.  
<https://www.intherooms.com>
- **Learn to Cope**  
Online support forum open to families, friends and loved ones who have someone in their lives who is struggling with substance use disorder  
[www.learn2cope.org](http://www.learn2cope.org)
- **Pause A While**  
Offering daily virtual and dial-in meetings. A full list of meetings and times can be found on the [Pause A While](#) website
- **PIER Recovery Center**  
Visit [www.facebook.com/pierrecovery](http://www.facebook.com/pierrecovery) for a complete list of virtual meetings
- **RecoveryBuild**  
RecoveryBuild Alternative Peer Group provides recovery support for teens with substance use disorder. Telehealth communication is available.  
Phone: 774-487-5227  
Email: [Apg@duffyhealthcenter.org](mailto:Apg@duffyhealthcenter.org)
- **South Shore Peer Recovery**  
Missing your regular meetings? Sign up to receive a friendly call from a peer! This is a free service to connect you with a trained peer for a weekly check-in that benefits both recovering people. Visit <https://southshorepeerrecovery.org/> for more information or to sign up.
- **WellStrong**  
A fitness and wellness community for people in recovery from substance use disorder. For a list of virtual and outdoor classes and meetings, <http://www.wellstrong.org/class-calendar/>