# COVID-19 RESOURCES



# FAMILIES FACING SUBSTANCE USE DISORDER

## **GET HELP NOW HOTLINE - 1-800-662-HELP (4357)**

A confidential, free, 24-hour-a-day, 365-day-a-year, information service, for individuals and family members facing substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

#### **ONLINE MEETINGS**

- 12 Step Forums Al-Anon online <u>family group meetings</u>.
- Adult Children of Alcoholics <u>phone and online meetings</u>.
- · Al-Anon electronic meetings.
- · Families Anonymous chats, online meetings, and phone meetings.
- Herren Project spousal, parent/family, and grief <u>support groups</u>.
- Nar-Anon <u>family groups</u>.
- Partnership for Drug-Free Kids <u>online community</u> for parents/caregivers.
- Parents of Addicted Loved Ones <u>telephone meetings</u>.
- Parent Partnership <u>virtual meetings</u> Wednesdays at 7 PM.
- <u>SMART Recovery meetings</u> for families and friends (pink text).

# FREE PODCASTS

- Hazelden Betty Ford <u>Let's Talk: Addiction and Recovery Podcasts</u>
- My Child & Addiction A Parent-to-Parent podcast
- Pennsylvania Public Media <u>Battling Opioids podcast</u>

### **OTHER ONLINE RESOURCES**

- Get naloxone using Pennsylvania's <u>standing order</u>.
- Partnership for Drug-Free Kids <u>resources for families</u>.