Now more than ever, taking care of our mental health is just as important as our physical health

Online Mental Health Resources For Social Distancing

**SUPPORT FOR FAMILIES**

- **Al-Anon:** [https://al-anon.org/al-anon-meetings/electronic-meetings](https://al-anon.org/al-anon-meetings/electronic-meetings)
- **SMART Recovery for Family & Friends:** [https://www.smartrecovery.org/family/](https://www.smartrecovery.org/family/)
- **Virtual Friends and Family Support Groups through Mountainside Treatment Center:**
  - Wednesdays at 6:30 PM - 8:00 PM

**SUPPORT FOR TEENS**

- **NAMI online “check-in” groups for young adults:**
  - Weekdays from 3:30PM-4:30PM
  - For Info: valpoutre@namict.org
- **CT Young Adult Warmline:** 1-855-6-HOPENOW
  - [https://www.joinrisebe.org/about-the-warmline](https://www.joinrisebe.org/about-the-warmline)
- **The Trevor Project for LGBTQ+ support:** 866-488-7386
- **McCall SMART Groups:** Starting 3/31/20
  - Tuesdays and Thursdays from 4:30PM-5:30PM
  - [https://us04web.zoom.us/j/5939803338](https://us04web.zoom.us/j/5939803338)

**SUPPORT FOR CRISIS**

- **Crisis Textline at 741741**
- **Call 2-1-1 for Mobile Crisis Help line**
- **SAMHSA’s free 24-hour Disaster Distress Helpline:** 1-800-985-5990
- **Disaster Relief Hotline:**
  - Text “TalkwithUs” to 66746
  - [https://www.toivocenter.org](https://www.toivocenter.org)
  - [https://www.thenami.org](https://www.thenami.org)
  - [https://www.toio.org](https://www.toio.org)
- **National Domestic Violence Helpline:** 1-800-799-SAFE (7233)
- **Susan B. Anthony Project 24-Hour Crisis Hotline:** 860-482-7133

**SUPPORT FOR RECOVERY**

- **Online AA/NA Meetings:** AA hosted daily at 8AM, 12PM, and AA & NA 7:30PM at [https://highwatchrecovery.org/aa-online/](https://highwatchrecovery.org/aa-online/)
- **SMART Recovery Meetings online:** access full schedule at [https://www.smartrecovery.org/community/calendar.php](https://www.smartrecovery.org/community/calendar.php)
- **Refuge Recovery:** [https://refugerecovery.org/meetings](https://refugerecovery.org/meetings)
- **NA Meetings:** [https://virtual-na.org/](https://virtual-na.org/)
- **List of Alternatives to AA:** [www.thetemper.com/sober-communities-beyond-traditional-aa](http://www.thetemper.com/sober-communities-beyond-traditional-aa)
- **Peer to Peer Support Groups hosted by Mountainside Treatment Center:**
  - daily at 6:30PM
  - [https://mountainside.com/about-us/events/virtual-recovery-support-groups](https://mountainside.com/about-us/events/virtual-recovery-support-groups)

**SUPPORT FOR MENTAL HEALTH**

- **NAMI:** 1-800-950-NAMI
  - [www.nami.org/Find-Support](http://www.nami.org/Find-Support)
- **Support Group on GoogleHangouts:**
  - Wednesdays at 3PM for the duration of the pandemic
  - contact olivertaeb@gmail.com
- **TOIVO:** hosting women’s group, yoga, and meditation.
  - Contact www.toivocenter.org
- **Yoga Great Barrington Livestream Classes:** Register at [http://yogagb.com/class-schedule-information](http://yogagb.com/class-schedule-information)
- **Support Group for First Responders and Healthcare Professions:**
  - 2nd and 4th Thursdays at 6:30PM,
  - [https://mountainside.com/about-us/events/virtual-responders-support-group](https://mountainside.com/about-us/events/virtual-responders-support-group)