



CHARLES COUNTY DEPARTMENT OF HEALTH
4545 Crain Highway, Post Office Box 1050
White Plains, MD 20695-1050

Tel: 301-609-6900 Fax: 301-934-0848 MD TTY: 1-800-735-2258

Suzan C. Lowry, M.D., FAAP
Health Officer

Substance Abuse Online Resources

- Alcoholics Anonymous Online Intergroup – A directory of online audio/video meetings seven days per week. <https://aa-intergroup.org/directory.php>
- SMART Recovery - An online community where participants help one another recover from addictive behaviors. <https://www.smartrecovery.org/>
- WEconnect and Unity Recovery – Free online daily all recovery meetings. <https://www.weconnectrecovery.com/free-online-support-meetings>
- Narcotics Anonymous - Online meetings in various time zones using multiple platforms. <https://www.narcotics.com/narcotics-anonymous/narcotics-anonymous-online-meetings/>
- Herren Project - Live online support groups and recovery meetings moderated by trained clinicians. <https://herrenproject.org/>
- In the Rooms - Free weekly online meetings for those recovering from addiction and related issues. <https://www.intherooms.com/home/>
- Learn to Cope - Online support forum open to families, friends and loved ones who have someone in their lives who is struggling with addiction. <https://www.learn2cope.org/>
- Al-Anon Family Groups - Electronic meetings for anyone affected by alcoholism in a family member or friend. <https://al-anon.org/al-anon-meetings/electronic-meetings/>
- Mail-based naloxone services: <https://www.naloxoneforall.org/maryland-language>