

## Resources Links:

### Mindfulness

- Calm App free resources: <https://www.calm.com/blog/take-a-deep-breath>
- Headspace free resources: <https://www.headspace.com/covid-19>
- myStrength: Visit myStrength.com and click on “Sign Up.” Use access code “BeWell” for free access

### Information about COVI-19

- Colorado: <https://covid19.colorado.gov/>
- CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

### Managing Health

- Progressive Muscle Relaxation: <https://www.uofmhealth.org/health-library/uz2225>
- Constructive Worry Exercise:  
[https://www.veterantraining.va.gov/apps/insomnia/resources/documents/constructive\\_worry\\_worksheet.pdf](https://www.veterantraining.va.gov/apps/insomnia/resources/documents/constructive_worry_worksheet.pdf)

### Books for Kids about Coronavirus

- A Kid’s Guide to Corona Virus: <https://www.apa.org/pubs/magination/kids-guide-coronavirus-ebook.pdf>
- Unstuck!: <https://www.apa.org/pubs/magination/unstuck-ebook.pdf>

## Sobriety and Mental Health Support During COVID-19

### Mental Health

- Depression and Bipolar Support Alliance - <https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/>
- Mental Health America: Mental Health Support Group and Discussion Community - <https://www.inspire.com/groups/mental-health-america/>
- Anxiety and Depression Association of America Online Support Group - <https://adaa.org/adaa-online-support-group>
- Colorado Crisis Services: <https://coloradocrisiservices.org/>
- Jefferson Center for Mental Health: [jcmh.org](http://jcmh.org)

### Sobriety

- AA Online Meeting Directory: <http://aa-intergroup.org/directory.php>
  - AA – Online - [http://12stepforums.net/alcoholics\\_anonymous\\_online\\_meeting.html](http://12stepforums.net/alcoholics_anonymous_online_meeting.html)
  - AA COVID-19 Informational Page: AA link- [https://www.aa.org/assets/en\\_US/en\\_updatesoncoronavirus.pdf](https://www.aa.org/assets/en_US/en_updatesoncoronavirus.pdf)
- In The Rooms: An Online Addiction Recovery Community AA, NA, Dual Diagnosis, SAA (sex addiction), CPA(chronic pain): [www.intherooms.com](http://www.intherooms.com)

- LifeRing Secular Recovery - <https://www.lifering.org/online-meetings>
- NA Online Meetings “Addicts helping Addicts Recover”: <http://na-recovery.org/>
  - NA – Online - [http://12stepforums.net/narcotics\\_anonymous\\_online\\_meeting.html](http://12stepforums.net/narcotics_anonymous_online_meeting.html)
  - NA COVID-19 Informational Page: NA link- [https://www.na.org/admin/include/spaw2/uploads/pdf/Coronavirus\\_web\\_message\\_12Mar.pdf](https://www.na.org/admin/include/spaw2/uploads/pdf/Coronavirus_web_message_12Mar.pdf)
- Recovery Dharma: “Healing from Addiction with Buddhist Practice”, daily meetings via computer, smartphone or dial-in: <http://recoverydharma.online/>
- Smart Recovery: <https://www.smartrecovery.org/community/>
- WEconnect and Unity Recovery are partnering together to offer 4 daily all recovery meetings to anyone in the world. Meetings will follow an open format and are available to anyone in or seeking recovery. 7 days a week: [9am](#) ; [12pm](#); [3pm](#); [9pm](#) ; All times are EDT. Join by navigating to: <https://unityrecovery.zoom.us/j/2656499375>

#### Substance Use Support for Family Members

- Al-Anon – Online - [http://12stepforums.net/alanon\\_family\\_group\\_online\\_meeting.html](http://12stepforums.net/alanon_family_group_online_meeting.html)

#### Domestic Violence

- Visit the National Domestic Violence Hotline or call 1-800-799-SAFE (7233) and TTY 1-800-787-3224. <https://www.thehotline.org/>
- Violence Free Colorado <https://www.violencefreecolorado.org/resources/>