

# RECOVERY RESOURCES DURING COVID-19

## Online Recovery Meetings & Support

Alcoholics Anonymous online meetings: [bit.ly/AAintergroup](https://bit.ly/AAintergroup)

Lancaster County Alcoholics Anonymous online meetings: [lancasteraa.org/zoom-meetings](https://lancasteraa.org/zoom-meetings)

Lancaster County Narcotics Anonymous online meetings: [lancasterpana.org/online-na-meetings](https://lancasterpana.org/online-na-meetings)

Medication Assisted Recovery Anonymous online meetings: [mara-international.org/zoommeetings](https://mara-international.org/zoommeetings)

Narcotics Anonymous online meetings: [bit.ly/2IWqVd4](https://bit.ly/2IWqVd4)

RecoveryLink online meetings and support for individuals and family members: [myrecoverylink.com](https://myrecoverylink.com)

Refuge Recovery online meetings: <http://bit.ly/refuge-recovery1>

Unity Recovery online meetings: [bit.ly/UnityRCOmtgs](https://bit.ly/UnityRCOmtgs)

Pro-A lists additional online meetings and resources here: [bit.ly/2w9Ufdr](https://bit.ly/2w9Ufdr)

SAMHSA lists online meetings, podcasts, and other resources here: [samhsa.gov/sites/default/files/virtual-recovery-resources.pdf](https://samhsa.gov/sites/default/files/virtual-recovery-resources.pdf)

## Finding Treatment & Other Help

### Compass Mark

This local organization can help you find a treatment provider or recovery support. Call between 9:00am and 5:00pm on Monday thru Friday, or visit their website any time.

Call: 717-299-2831

Website: [compassmark.org/find-help](https://compassmark.org/find-help)

### Get Help Now Helpline

This hotline is available 24 hours a day, 7 days a week, 365 days a year to help you find a treatment provider for mental health and/or substance use issues. You can also text, visit the website, or chat online.

Call: 1-800-662-HELP (4357)

Text: 717-216-0905

Chat Online: [bit.ly/GHNchatline](https://bit.ly/GHNchatline)

Website: [findtreatment.gov](https://findtreatment.gov)

### PA 211

To find local resources, call 2-1-1. This hotline is available 24 hours a day, 7 days a week, 365 days a year.

### The RASE Project

This local organization can provide recovery support or help you find a treatment provider. Their walk-in recovery center is closed to visitors until further notice, but you can speak with a certified recovery specialist by calling 717-295-3080.

### Harm Reduction

If you know someone who is actively using drugs, it is important to know that COVID-19 is a respiratory illness that increases the risk of overdose. They can find information about staying safe during the outbreak here: <https://harmreduction.org/miscellaneous/covid-19-guidance-for-people-who-use-drugs-and-harm-reduction-programs/>

Lancaster County Crisis Intervention 717-394-2631

Suicide Prevention Lifeline 1-800-273-TALK (8255) or chat online at [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)

Crisis Text Line 741-741

Disaster Distress Hotline 1-800-985-5990

Domestic Violence Services of Lancaster County 717-299-2831

Contact Listening Line 1-800-932-4616

YWCA Sexual Assault Hotline 717-392-7273