

COVID-19

CDC's Official Website for COVID-19 Updates:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

State of North Carolina's Official COVID-19 Webpage:

<https://www.ncdhhs.gov/divisions/public-health/coronavirus-disease-2019-covid-19-response-north-carolina>

Tips to stop touching your face: <https://brooklynminds.blog/dont-touch-your-face-tips-from-a-habit-reversal-therapist/>

AA COVID-19 Informational Page: AA link-

https://www.aa.org/assets/en_US/en_updatesoncoronavirus.pdf

NA COVID-19 Informational Page: NA link-

https://www.na.org/admin/include/spaw2/uploads/pdf/Coronavirus_web_message_12Mar.pdf

Behavioral/Mental Health/Professional

- The knowledge hub at the National Academy of Medicine. <https://nam.edu/resource-toolkit-clinician-well-being-knowledge-hub/>
- <https://www.ama-assn.org/delivering-care/public-health>
- <https://www.ama-assn.org/delivering-care/public-health/6-ways-address-physician-stress-during-covid-19-pandemic>
- <https://www.ama-assn.org/delivering-care/public-health/caring-our-caregivers-during-covid-19>
- National Suicide Prevention Hotline: Call 1-800-273-TALK (1-800-273-8255); Or online chat: <https://suicidepreventionlifeline.org/chat/>
- National Suicide Hotline: Call 1-800-SUICIDE (1-800-784-2433); Or online chat: <https://www.imalive.org/>
- Nacional de Prevencion del Suicidio (en espanol): 1-888-628-9454 (toll free)
- Tips and Resources from Mental Health America: <https://mhanational.org/covid19>
- <https://www.ismanet.org/doctoryourspirit/>

Free Meditation Resources:

- Headspace [currently free for healthcare professionals with NPI#]: <https://www.headspace.com/health-covid-19>
- Simple Habit Daily Meditation

- Ten Percent Happier App [currently free for healthcare professionals]: <https://redeem.tenpercent.com/>
 - To claim your complimentary subscription you'll *redeem the gift code* (HEALTHCARE) *on website*. Then log into the mobile app on your Apple or Android device using the same Ten Percent Happier account and all the subscription contents of the app will be unlocked.
 - Or just go to their Coronavirus Sanity Guide to access relevant free content/resources without creating an account: <https://www.tenpercent.com/coronavirussanityguide>
- [Calm.com](https://www.calm.com) [currently offering free resources]: https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult-times_nonsubs_031720
- Insight Timer Meditation App [free]: <https://insighttimer.com/>
- Stop Breathe & Think App: <http://app.stopbreathethink.org>
- Healthy Minds App [currently available free]: <https://tryhealthyminds.org/>

Recovery

- Free Access to 2020 Grapevine: <https://www.aagrapevine.org/we-are-here-to-help>
- <https://www.aahistorysymposium.org/2019-album> (password: thebroadhighway)
- Online meetings
 - Local Asheville, NC and surrounding area zoom meetings <https://ashevilleaa.org/>
 - Zoom meetings in the Charlotte area <https://charlotteaa.org/test/>
 - Triangle area Zoom meetings <https://www.triangleaahelpline.com/meeting-updates-covid-19-coronavirus/>
 - Wilmington area intergroup zoom meetings <https://wilmingtonaa.us/>
 - OBX area zoom meetings <https://aaobx.com/meetings-1>
 - AA: <https://meetings.intherooms.com/>
 - AA Online Meeting Directory: <http://aa-intergroup.org/directory.php>
 - http://12stepforums.net/alcoholics_anonymous_online_meeting.html
 - http://12stepforums.net/narcotics_anonymous_online_meeting.html
 - Triangle area NA Zoom links <https://capitalareancna.com/covid-19-information-page>
 - Asheville area NA zoom meetings <https://www.wncna.org/meetings/>
 - Wilmington area NA zoom meetings <http://dev.coastalcarolinaarea.org/our-meetings/>
 - Greensboro area NA zoom meetings <https://greensborona.org/wp-content/uploads/2020/03/Online-Meeting-9-1.pdf>
 - Charlotte area NA zoom meetings <https://www.charlotte-na.org/meetings/>
 - NC region Virtual NA meetings <https://ncregion-na.org/virtual-meetings/>

- NA Online Meetings “Addicts helping Addicts Recover”: <http://na-recovery.org/>
- NA – Online - http://12stepforums.net/narcotics_anonymous_online_meeting.html
- Al-Anon: <https://al-anon.org/al-anon-meetings/electronic-meetings/>
- http://12stepforums.net/alanon_family_group_online_meeting.html
- Smart Recovery: <https://www.smartrecovery.org/community/>
- Buddhism-based mutual support group: <https://recoverydharma.online/>
- 12 Step Online NA/AA/Al-Anon: <https://www.12step-online.com/>
- <https://highwatchrecovery.org/aa-online/>
- <https://unityrecovery.zoom.us/j/2656499375>
- In The Rooms: An Online Addiction Recovery Community : <https://www.intherooms.com/home/>

- 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>

- **Recovery Apps/ Tools/Resources**
 - Sober Grid: <https://www.sobergrid.com/> - allows you to interact, support, and engage with other people in recovery using a platform similar to Facebook.
 - SoberTool: <https://apps.apple.com/us/app/sobertool-addiction-recovery/id863872931> - is an easy way to track your clean and sober days. The app includes daily motivational messages and reminders to keep you on target.
 - WEconnect: <https://www.weconnectrecovery.com/patients> -provides you with daily reminders to stay on track with your recovery plan. You can create reminders to call your sponsor, go to a group meeting, meditate, etc.
 - I Am Sober- to track your sober days and milestones, build new habits, and enjoy ongoing motivation from a community of people who get it.
 - Pink Cloud- locate meetings near you based on your location
 - AA Big Book: <https://mybigbookapp.com/> -This app gives you access to the full text of the Big Book, along with a meeting finder, podcasts, prayers, and personal stories.
 - 12 Step Meditation Daily Reflections for AA, NA, Al-Anon: <https://apps.apple.com/us/app/12-step-meditation-daily-reflections-aa-na-al-anon/id1027253662> - This app features hundreds of easy-to-follow guided meditations, as well as soothing music, prayers, and 12-step recovery audio.
 - <https://www.hazeldenbettyford.org/recovery/tools>
 - IDAA - <https://www.idaa.org/>

Recovery Related Podcasts

- The Bubble Hour-invites listeners to share their stories of recovery from alcohol addiction. Each week, host Jean McCarthy holds space for a guest to tell their truth, and together they explore topics relative to recovery.
- Busy Living Sober- a podcast with the mission of “giving people an opportunity to listen, learn and live a sober lifestyle without shame while having fun.”
- The Addicted Mind is about understanding addiction, its impact and the latest treatment options available. This podcast aims to create an environment of compassion for individuals caught in the destructive grip of the addictive process. It works to deliver real hope to people who are suffering from addiction’s painful impact.
- The Sober Guy- Host Shane Ramer is in recovery from alcohol. He interviews a mix of celebrity guests and everyday people who have experienced addiction or felt the impact of drug or alcohol use. He focuses on living a positive, healthy and sober lifestyle, and uses his podcast as a platform for sharing inspiration with others who want to live the same way.
- Let’s Talk: Addiction and Recovery- Hear what leading addiction and recovery experts are talking about—addiction trends, topics and challenges as well as research, practices and advances that point the most promising way forward. Provoking interview series, brought to you by Hazelden Betty Ford Foundation.
- The Boiled Owl Coffee Club- www.boiledowlaa.org Casual conversations about recovery in Alcoholics Anonymous. Listen online or with any podcast management app.
- Annie Grace’s - This Naked Mind podcast
- Unruffled
- She Recovers
- To 50 and Beyond

Free Online Cultural Experiences:

- Metropolitan Opera online broadcasts: <https://www.metopera.org/>
- Seattle Symphony online broadcasts: https://seattlesymphony.org/watch-listen/beyondthestage/live-broadcasts?fbclid=IwAR3TweYh3rjW8rrqrBRFQtiQq64Sycxjw2uT5HRXSD6_yj1yzJKooBjE5g

- Live Virtual Concerts (all genres): <https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>
- Support Local Live Music with Facebook Live Concerts: <https://facebook.com/events/s/support-local-music-online-by-611183506130234/?ti=cl>
- Museum Virtual Tours: https://hellogiggles.com/news/museums-with-virtual-tours/?fbclid=IwAR07rx_DJ3icyphyHbRiqZ-3JeQBsi-51zwx4hkYbWAQy5ZlnEOu_ik_ar4
- Museum Collections online: <https://artsandculture.google.com/partner?hl=en&fbclid=IwAR3ycUR2OekI5Ghiq95yX8N49-OIIA3BHfL8ZdxEDFIJZMJBethXPvBb0WU>
- Broadway Direct Guide to Online-Streaming Broadway Shows (most free with Amazon Prime): <https://broadwaydirect.com/where-to-watch-musicals-online-the-musical-lovers-guide-to-streaming/>