

### Online Addiction Resources

#### Wellness Together Canada

Free mental health and substance use supports for Canadians, accessible 24/7 from mental health professionals:

- ❖ Five-minute self-assessment
- ❖ Individual counselling (free access to professional counsellors by phone, text or video)
- ❖ Self-guided courses and apps: Best-in-class resources can improve mental wellbeing and address substance use concerns
- ❖ Monitored support groups: Online community of support and coaching: There are other people who may have similar experiences to you. Connect in a safe and confidential environment
- ❖ Mental wellness programs
- ❖ Health metrics: Track progress with on-going assessments. People do better when they keep track of their wellness and can see their progress.
- ❖ **Access Wellness Together Canada:** <https://ca.portal.gs/>

#### 12 Step Online Meetings

This is a directory of online Alcoholics Anonymous meetings in various formats, including email, chat room, audio/video, discussion forums, and telephone.

- ❖ **Alcoholics Anonymous** - <http://aa-intergroup.org/directory.php>  
Phone: A.A. in Toronto: (416) 487-5591
- ❖ **Cocaine Anonymous** - <https://www.ca-online.org/>
- ❖ **Narcotics Anonymous** – <https://www.na.org/meetingsearch/text-results.php?country=Web&state&city&zip&street&within=5&day=0&lang&orderby=distance>  
Phone: .A. in Toronto: (888) 811-3887
- ❖ **Crystal Meth Anonymous** - <https://crystalmeth.org/cma-meetings/cma-meetings-directory/3736-online.html>

#### AA Sober Living

Online recovery help for those in all stages of recovery, family, friends and loved ones including message boards, chats, blogs, and daily and weekly readings.

[www.aasoberliving.com](http://www.aasoberliving.com)

## SMART Recovery

SMART Recovery is an evidence-based, scientific peer support program to help individuals gain independence from problematic addictive behaviour. SMART Recovery's online message board and 24/7 chat room are excellent forums to learn about SMART Recovery and obtain addiction recovery support. Self-Management And Recovery Training is FREE. This website includes message boards, chat rooms, online meetings, and an online library of recovery resources.

<https://smartrecoverytoronto.com/get-started/>

## Refuge Recovery

Refuge Recovery is a mindfulness-based addiction recovery community that practices and utilizes Buddhist philosophy as the foundation of the recovery process. Drawing inspiration from the core teachings of the Four Noble Truths, emphasis is placed on both knowledge and empathy as a means for overcoming addiction and its causes. Those struggling with any form of addiction benefit when they are able to understand the suffering that addiction has created while developing compassion for the pain they have experienced. Online meetings are available:

<https://refugerecovery.org/meetings?tsml-day=any&tsml-region=online-english>

## Double Recovery Meetings (through Progress Place)

**The Double Recovery program** offers safe and anonymous support through weekly informal, peer-based meetings for people in the GTA living with mental illness and struggling with substance abuse. All of the groups are facilitated by staff who are themselves in recovery. You are encouraged to share your experience so we may help each other with recovery. Together, we can discover friendship and positive solutions to cope with mental illness and substance abuse. Double Recovery meetings are offered on Wednesday, Fridays and Sundays at 3pm. The meetings are happening virtually on Zoom (Zoom ID # 758 283 292).

<https://www.progressplace.org/virtual.html> or call (416) 323-0223 for more information.

## In the Rooms

A free online recovery tool that offers 130 weekly online meetings for those recovering from addiction and related issues. They embrace multiple pathways to recovery, including all 12 Step, Non-12 Step, Wellness and Mental Health modalities.

<https://www.intherooms.com/home/>

## The Daily Pledge

This is Hazelden Betty Ford Foundation's free online Community Social Site. It provides a home page to make a Daily Pledge to sobriety with healthy daily activities to help people see others "recover out loud." The site also includes a Discussions forum, Chat, Online Meetings, Fun and Photo sections, private messaging with other members, and other interactive involvements. You need to sign-up to participate.

<https://thedailypledge.org/>

## myRecovery

This is a free social networking community and resource center for those in alcohol and drug addiction recovery. Similar to other social networking community sites such as Facebook, myRecovery offers a full profile system with a real time "wall", the ability to add photos and videos, and the option for people to display as much or as little information about themselves as they wish, including full anonymity. There is also a live public video chat as well as an open forum section where users can post on a number of topics. Members can also create their own groups. myRecovery has a resource section with recovery tools including a large repository of addiction-related videos and audio files, a comprehensive 12-step meetings search to help people find meetings in their area, a live online video meetings section, a recovery blog, latest news on addiction and an assessment section.

[www.myrecovery.com](http://www.myrecovery.com)

## SoberRecovery

The message board in this directory of recovery resources covers a wide variety of categories: Newcomers, Ask the Experts, General Forums, Alcoholism (AA, Alanon, ACOA), Drug Addiction (NA, Nar-Anon), Family and Friends, Mental Health and much more.

[www.soberrecovery.com/forum](http://www.soberrecovery.com/forum)

## CannabisRehab.org

This free online drug rehab group was originally set up just to help those trying to quit marijuana but they now welcome anyone struggling with drug addiction.

[www.cannabisrehab.org](http://www.cannabisrehab.org)

## HAMS Harm Reduction Network

HAMS is a free of charge peer led support group for people who want to reduce the harm in their lives caused by alcohol or other substances. HAMS offers support via a chat room, an email group, and live meetings. HAMS supports every goal from safer use to reduced use to abstinence from alcohol. Their daily chat is scheduled for 9 P.M. EST , 6 P.M. PST.

[hamsnetwork.org](http://hamsnetwork.org)

## Online Mental Health Resources

### Moodgym

Moodgym is an online self-help program designed to help users prevent and manage symptoms of depression and anxiety. It is like an interactive, online self-help book which teaches skills based on cognitive behavior therapy.

<https://moodgym.com.au/>

### Depression and Bipolar Support Alliance

An online support groups provide people living with depression and bipolar disorder a place to share experiences, discuss coping skills, and offer hope to one another. DBSA support groups are peer-led, meaning they are facilitated by someone living with a mood disorder. Currently there are groups for peers, young adults, and friends and family members.

<https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/>

## Turn2Me

Hosts free online support groups for anxiety, depression, stress management, suicidal thoughts and feelings, and more.

<https://turn2me.org/group-supports>

## Anxiety and Depression Association of America (ADAA)

ADAA provides a broad range of free resources to the public including webinars, podcasts, blog posts, two online peer-to-peer support communities, a “find a therapist” directory and a monthly e-newsletter.

<https://adaa.org/adaa-online-support-group>

## Insight Timer

A free meditation app with a library of 35,000 guided meditations focused on addressing a wide range of issues, including anxiety, depression, insomnia, and stress.

<https://insighttimer.com/>

## What's Up

What's up is an amazing free app that uses Cognitive Behavioral Therapy (CBT) and Acceptance Commitment Therapy (ACT) methods to help you cope with Depression, Anxiety, Stress, and more. Use the positive and negative habit tracker to maintain your good habits, and break those that are counterproductive. We particularly love the “Get Grounded” page, which contains over 100 different questions to pinpoint what you're feeling, and the “Thinking Patterns” page, which teaches you how to stop negative internal monologues.

<https://apps.apple.com/us/app/whats-up-a-mental-health-app/id968251160>

## MoodKit

MoodKit uses the foundation of Cognitive Behavioral Therapy (CBT) and provides users with over 200 different mood improvement activities. Developed by two clinical psychologists, MoodKit helps you learn how to change how you think, and develop self-awareness and healthy attitudes. The journal feature is a great way to practice self-care by reflecting on the day, noting any distressing thoughts, and documenting how you overcame them. The app costs \$6.99.

<https://apps.apple.com/ca/app/moodkit/id427064987>

## Self-Help for Anxiety Management (SAM)

SAM is a free app that might be perfect for you if you're interested in self-help, but meditation isn't your thing. Users are prompted to build their own 24-hour anxiety toolkit that allows you to track anxious thoughts and behavior over time, and learn 25 different self-help techniques. You can also use SAM's “Social Cloud” feature to confidentially connect with other users in an online community for additional support.

**iPhone:** <https://apps.apple.com/ca/app/self-help-for-anxiety-management/id666767947>

**Android:** [https://play.google.com/store/apps/details?id=com.uwe.myoxygen&hl=en\\_CA](https://play.google.com/store/apps/details?id=com.uwe.myoxygen&hl=en_CA)

## CBT Thought Record Diary

The centerpiece of cognitive-behavioral therapy is changing your emotions by identifying negative and distorted thinking patterns. You can use this free app, CBT Thought Record Diary, to document negative emotions, analyze flaws in your thinking, and reevaluate your thoughts. This is a great app for gradually changing your approach to anxiety-inducing situations and your thinking patterns for future situations.

**iPhone:** <https://apps.apple.com/ca/app/cbt-thought-diary/id1010391170>

**Android:** [https://play.google.com/store/apps/details?id=com.moodtools.cbtassistant.app&hl=en\\_CA](https://play.google.com/store/apps/details?id=com.moodtools.cbtassistant.app&hl=en_CA)

## eMoods

eMoods is a free mood tracking app designed specifically for people with bipolar disorder. Throughout the day, users can track depressive and psychotic symptoms, elevated mood, and irritability and give an indication of the severity of their symptoms. Users can then see their mood changes on a color-coded monthly calendar and even export a monthly summary report to identify specific triggers and better understand their fluctuating mood.

<https://emoodtracker.com/>

## MoodTools

MoodTools aims to support people with clinical depression by aiding the path to recovery. Discover helpful videos that can improve your mood and behavior, log and analyze your thoughts using Cognitive Behavioral Therapy (CBT) principles, develop a suicide safety plan and more with this free app.

<https://www.moodtools.org/>

## Rise Up + Recover

Rise Up + Recover is a free app designed for those living with eating disorders. It not only allows you to track your meals and how you feel when you eat them, but you can also transcribe your progress into a PDF printout. Pull up the Rise + Recover app on your mobile when you feel the urge to binge or skip a meal, and need quick coping strategies.

<https://www.recoverywarriors.com/app/>

## nOCD

nOCD was designed with the help of OCD specialists and patients to incorporate two treatments: mindfulness and Exposure Response Prevention Treatment. You can receive immediate, clinically-supported guidance when an OCD episode strikes, take weekly tests to assess the severity of your OCD, and have motivational support along the way.

<https://www.treatmyocd.com/>

## GG OCD

GG OCD is a free app that aims to improve OCD symptoms by increasing the user's awareness of negative thoughts and training the brain to push those aside to embrace a more positive outset. The app takes the users through various levels, each consisting of short games around a specific theme. From how to automatically replace negative self-talk with positive thoughts, to belief in change, building self-esteem and more, this app takes its user on a journey towards a healthier thinking pattern.

<https://ggapps.net/2018/04/11/ggoc-ocd-training-app/>

## PTSD Coach

Created by the VA's National Center for Post-Traumatic Stress Disorder (PTSD), PTSD Coach offers everything from a self-assessment for PTSD, to opportunities to find support, positive self-talk, and anger management. What's great about this app is that you can customize tools based on your own individual needs and preferences, and integrate your own contacts, photos, and music

<https://www.ptsd.va.gov/apps/ptsdcoachonline/default.htm>

## Breathe2Relax

Sometimes you just need to breathe and remind yourself you are okay. Breathe2Relax is made for just that. Created by the National Center for Telehealth and Technology, this app is a portable stress management tool that teaches users a skill called diaphragmatic breathing. Breathe2Relax works by decreasing the body's 'fight-or-flight' stress response, making it a great option for people suffering from PTSD.

**iPhone:** <https://apps.apple.com/ca/app/breathe2relax/id425720246>

**Android:** [https://play.google.com/store/apps/details?id=org.t2health.breathe2relax&hl=en\\_CA](https://play.google.com/store/apps/details?id=org.t2health.breathe2relax&hl=en_CA)

## UCSF PRIME

Schizophrenia patients are prone to social isolation even when their condition is treated. The PRIME app is free, created by psychiatry professor Danielle Shlosser, and connects people with schizophrenia to their peers through a social network style interface. It also lets users track "challenge goals," things they'd like to accomplish or improve about themselves.

**iPhone** <https://apps.apple.com/us/app/ucsf-prime/id1031402495>

**Android:** [https://play.google.com/store/apps/details?id=edu.ucsf.drive.prime.android&hl=en\\_CA](https://play.google.com/store/apps/details?id=edu.ucsf.drive.prime.android&hl=en_CA)