

*Now more than ever, taking care of our mental health
is just as important as our physical health*

Online Mental Health Resources For Social Distancing

SUPPORT FOR FAMILIES

Al-Anon: <https://al-anon.org/al-anon-meetings/electronic-meetings>

SMART Recovery for Family & Friends:

<https://www.smartrecovery.org/family/>

**Virtual Friends and Family Support Groups
through Mountainside Treatment Center:**

Wednesdays at 6:30 PM - 8:00 PM

<https://mountainside.com/about-us/events/virtual-friends-and-family-support-group>

SUPPORT FOR TEENS

NAMI online “check-in” groups for young adults:

Weekdays from 3:30PM-4:30PM

For Info: valpoutre@namict.org

CT Young Adult Warmline: 1-855-6-HOPENOW

<https://www.joinrisebe.org/about-the-warmline>

The Trevor Project for LGBTQ+ support: 866-488-7386

McCall SMART Groups: Starting 3/31/20

Tuesdays and Thursdays from 4:30PM-5:30PM

<https://uso4web.zoom.us/j/5939803338>

SUPPORT FOR RECOVERY

Online AA/NA Meetings: AA hosted daily at 8AM, 12PM, and AA & NA 7:30PM at <https://highwatchrecovery.org/aa-online/>

SMART Recovery Meetings online: access full schedule at <https://www.smartrecovery.org/community/calendar.php>

Refuge Recovery: <https://refugerecovery.org/meetings>

NA Meetings: <https://virtual-na.org/>

List of Alternatives to AA:

www.thetemper.com/sober-communities-beyond-traditional-aa

Peer to Peer Support Groups hosted by

Mountainside Treatment Center: daily at 6:30PM

<https://mountainside.com/about-us/events/virtual-recovery-support-groups>

SUPPORT FOR CRISIS

Crisis Textline at 741741

Call 2-1-1 for Mobile Crisis Help line

**SAMHSA’s free 24-hour Disaster
Distress Helpline:** 1-800-985-5990

Disaster Relief Hotline:

Text “TalkwithUs” to 66746

National Domestic Violence Helpline:
1-800-799-SAFE (7233).

Susan B. Anthony Project

24-Hour Crisis Hotline:

860-482-7133

SUPPORT FOR MENTAL HEALTH

NAMI: 1-800-950-NAMI

www.nami.org/Find-Support

Support Group on Google Hangouts:

Wednesdays at 3PM for the duration
of the pandemic. contact.olivertae@gmail.com

TOIVO: hosting women’s group, yoga,
and meditation. Contact www.toivocenter.org

Yoga Great Barrington Livestream

Classes: Register at

<http://yogagb.com/class-schedule-information>

**Support Group for First Responders
and Healthcare Professions:**

2nd and 4th Thursdays at 6:30PM,

<https://mountainside.com/about-us/events/virtual-responders-support-group>



McCall Center
for Behavioral Health
prevention • recovery • community

