

Recommended Recovery Podcasts

The Addicted Mind Podcast is about understanding addiction from a research and treatment perspective. This podcast explores the addictive process, explores the latest research on addiction, and talk about the latest addiction treatment options. The podcast also interviews those in recovery.

The Bubble Hour is hosted by Jean M., a sober woman dedicated to breaking down the walls of stigma and denial surrounding the disease of alcoholism.

The Bubble Hour seeks to inform, educate and help people identify with the stories they hear, the conversations and interviews with people who are just like they are, and let people know they aren't alone. Nobody can take the first tentative steps towards sobriety without first getting past denial, but even once they are past denial the stigma surrounding alcoholism is so strong that people are reluctant to seek help. Jean M. interviews women in recovery, as well as therapists.

Busy Living Sober is designed to support the broad ecosystem of people impacted by addiction- from the addict themselves to their friends, families and co-workers.

Clean and Sober Radio Podcast is dedicated to promoting a lifetime free of alcohol and drugs. The mission is to inform, share, and discuss across multiple media platforms, the story of addiction and the road to recovery.

ODDAT Chat Podcast is about recovering from alcoholism, drug addiction, sobriety and the journey of recovery, community and healing. The podcast provides hope and help others feel like they are not alone.

Recovery Elevator shares struggles, triumphs, and lessons learned along the way in quitting alcohol. The purpose of this podcast is to show *You are not Alone*. Both men and women in recovery share their stories of recovery.

SHAIR Recovery Podcast *Sharing Helps Alcoholics in Recovery*. In Recovery the most important ingredient to long term sobriety is community and connection. SHAIR is not only a Recovery podcast, it is a global sobriety network. Each week people from all over the world will SHAIR their inspirational journey of Recovery.

That Sober Guy Podcast was created by Shane Ramer. Shane battles a 17-year alcohol and drug addiction and sought treatment in 2013. He started That Sober Guy Podcast as a way to

share his own recovery and allow others to share theirs. Podcast episodes features interviews, current events, sober parenting, AA principles, and exercise information.

Transitions Daily Alcoholics Anonymous Do you want to stop drinking? Does alcoholism or addiction run in your family? Are you considering how to get sober? Are you seriously thinking about sobriety for the first time being alcohol is controlling your life as never before? If so, then check out this podcast!

This podcast is a short daily audio provided by the online Alcoholics Anonymous recovery group, Transitions Daily. The daily distribution consists of Alcoholics Anonymous recovery quotes from various resources including; Twenty-Fours A Hours A Day, A.A. Thought for the Day, Daily Reflections, Big Book Quote, Just for Today, As Bill Sees It, plus more!

To receive this podcast in email form, go to www.DailyAAEmails.com for more information or send an email TransitionsDaily@gmail.com with "join" in the subject line. Feel free to share www.DailyAAEmails.com in meetings, with friends, sponsors, and sponsees in recovery!

Telehealth Services

What is Telehealth? Telehealth is defined as the use of electronic information and telecommunication technologies to support long-distance clinical health care, patient and professional health-related education, public health, and health administration. Technologies include video conferencing, the internet, store-and-forward imaging, streaming media, and terrestrial and wireless communications.

Why Telehealth is important during the COVID19 crisis:

Telehealth connects clients to providers for treatment at a distant. This capability enables patients to receive care in their communities and adhere to CDC recommended social distancing. Given the Telehealth will play an important role in ensuring clients continue to access the care they need.

Support Groups Online

Online Intergroup : Alcoholics Anonymous

<http://aa-intergroup.org/directory.php>

Al-Anon Electronic Meetings

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

Adult Children of Alcoholics

<https://adultchildren.org/quick-search/?audiobt=Click+Here>

In The Rooms

Free online recovery tool, 130 weekly meetings-- 12 Step, Non-12 Step, Wellness & Mental Health

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

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

<https://www.12step.org/social/online-meetings/>

CoDependents Anonymous Online & Phone Meetings: <https://coda.org/find-a-meeting/online-meetings/> <https://coda.org/find-a-meeting/phone-meetings/>

Nicotine Anonymous Online & Phone Meetings: <http://nicotine-anonymous.org/phone-meetings.html> <http://nicotine-anonymous.org/internet-meetings.html>

Variety of meetings offered at Lion Rock Recovery for free (online Tx Provider)

<https://www.lionrockrecovery.com/online-aa-meetings-and-support-groups>

SMART Recovery has forums: <https://www.smartrecovery.org/community/>

<https://www.pcworld.com/article/2091042/seven-apps-to-help-you-stay-sober-one-day-at-a-time.html>

<https://newperspectivesfl.com/blog/sobriety-apps/>

<https://www.rehabs.com/smartphone-apps-for-recovery/>

Recovery meetings by Phone

NA by Phone

www.nabyphone.com

This page is intended to direct addicts to NA phone meetings so they can hear a message of recovery. Narcotics Anonymous, Alcohol Anonymous, Recovery, 12 Step meetings Sunday. Mobile Users: Tap on underlined number to automatically dial number and enter provided access code.

NA by the Phone on Facebook:

<https://www.facebook.com/NAbyPhone/>

Online Meeting Search:

www.na.org

Online meeting search for Narcotics Anonymous Meeting Search. Shows results for meeting worldwide

AA Conference Call

A meeting every day at 2pm—just dial in. Call 425-436-6360 Access Code 422932

Apps

SoberGrid is a free iOS and Android supported Sober Social Networking App

SoberTool

Helpful Resources

NJ DMI RESOURCE GUIDE (PDF attached in email)

Virtual Support Groups (PDF attached in email)

JOBS:

Governor Phil Murphy today announced the launch of a new online portal to connect New Jersey residents with jobs in critical industries responding to COVID-19. The jobs portal is available here: <https://jobs.covid19.nj.gov> .

Department of Labor One-Stops

https://careerconnections.nj.gov/careerconnections/plan/support/njccsites/one_stop_career_centers.shtml

Hotlines

SAMHSA's Disaster Distress Helpline

Toll-Free: 1-800-985-5990 (English and español)

SMS: Text TalkWithUs to 66746

SMS (español): "Hablanos" al 66746

TTY: 1-800-846-8517

Website (English): <http://www.disasterdistress.samhsa.gov>

WEBSITE (ESPAÑOL): <HTTP://WWW.DISASTERDISTRESS.SAMHSA.GOV/espanol.aspx>

SAMHSA's National Helpline

Toll-Free: 1-800-662-HELP (24/7/365 Treatment Referral Information Service in English and español)

Website: <http://www.samhsa.gov/find-help/national-helpline>

National Suicide Prevention Lifeline

Toll-Free (English): 1-800-273-TALK (8255)

Toll-Free (español): 1-888-628-9454

TTY: 1-800-799-4TTY (4889)

Website (English): <http://www.suicidepreventionlifeline.org>

Website (español): <http://www.suicidepreventionlifeline.org/gethelp/spanish.aspx>

Treatment Locator Behavioral Health Treatment Services Locator Website:

<http://findtreatment.samhsa.gov/locator/home>

For help finding treatment 1-800-662-HELP (4357)

<https://findtreatment.gov/>

