Peer-led online resources

iNAPS is not “promoting” any individual group or organization. We offer this in hopes that it helps people to stay socially connected while physically distancing.

http://warmline.org/ A warmline is a peer-run listening line staffed by people in recovery themselves.

Peer Galaxy – Oregon Peer Support Network
https://www.peergalaxy.com/calendar/

Western Mass Recovery Learning Community

"Social Un-Distancing" Discord server that anyone is welcome to join.

Here is a tutorial video for what Discord is and how to use our server:
https://www.youtube.com/watch?v=buUQv4-anmI

And here is an invite link: https://discord.gg/8QXj6Kp

ZIA Center - Massachusetts

-The group is an open topic Peer support and social gathering.

-Anyone ages 16-22, people who identify with social class impacts like trauma, mental health, or substance use. Even though that is stated it is open to anyone who is attending the group for themselves.

-Mon-Fri 2pm-3:30pm EST

-People should text Vesper Moore at 774-242-6364 to get the Zoom meeting ID people
-Check https://www.facebook.com/ZiaCenter/ for updates
HVN-USA if interested in online support group please email info@hearingvoicesusa.org to be connected to a meeting.

**Peerly Human**
http://peerlyhuman.blogspot.com/

**Unity Recovery - Pennsylvania**
https://unityrecovery.org
https://www.facebook.com/UnityRCO/
-Type of Meeting/Who is it For:
"These are open all-recovery meetings, which means people in or supportive of recovery from any type of behavioral health disorder or quality of life concern are welcome. No matter the program, pathway, or type of recovery you are in, this is a meeting for you. As a reminder, we typically introduce ourselves as “Hello, My name is ______and I am a person in recovery”, but feel free to identify however is comfortable for you."
-Time:
9AM, 12PM, 3PM, 6PM, and 9PM EST

**Support Groups Central**
https://www.supportgroupscentral.com/index.cfm?fbclid=IwAR0cf4k46rpA5ADjvLuSXRXW4cRa2UhSSF1p9namzT3DHY6MZnR4cVQiyj8&CFID=1624165&CFTOKEN=bdedd4bd0bf2f364-FC927680-B96F-E503-4F7D9BEF5B02BAD2

https://www.peersupportsolutions.com

**Sunrise Community for Wellness and Recovery**
Www.sunriseinasheville.org

**Heal Her Peer Support**
https://www.facebook.com/HealHerPeerSupport/

**Rockland Peer Support Center (Maine)**
Daily Zoom online video/phone check-in and support for peers with 2-3 IPS staff members at the Rockland Peer Support Center in Maine

Monday thru Friday 11:00-12:00 EST
https://facebook.com/events/s/rpsc-support-and-check-in/2659156501076527/?ti=icl
Life Connections Peer Recovery Services (Iowa)

Peer support specialists will continue to serve individuals remotely via phone and video conferencing during regular business hours of Monday, Tuesday, Thursday, and Friday from 5p.m. until 10p.m. and Saturday and Sunday from 12p.m. until 5p.m. Information about Life Connections can be found on our Facebook page along with a link to virtual support services. As of April 6, 2020 Rhonda's House Peer Respite will transition to a 24 hour peer respite support line for individuals who need support for anything from anxiety, depression, isolation, and resources or services. Call (516)-688-7484 or see below for more information

https://lifeconnectionsrecovery.org/
https://www.facebook.com/lifeconnectionspeerrecoveryservices/
contact: todd@lifeconnectionsrecovery.org

Knox Peer Support Academy (Tennessee)
Check website for calendar
www.peninsulabehavioralhealth.org/peersupportacademies/knoxpsa/
contact: smccorm1@covhlth.com

Catch 22 Peer Support
Open dialogue hosted by veteran group- for veterans and families
Fridays 5 PM (MT)
915-206-9185
https://www.facebook.com/events/695045444570800/
contact: info.catch22ps1@gmail.com

Recovery International
Peer-led support meetings using cognitive-behavioral tools to help people lead more peaceful and productive lives.

Sign up for "Daily Spots" e-mails on
https://secure.recoveryinternational.org/np/clients/recoveryinternational/subscribe.jsp
www.recoveryinternational.org
Contact: Lisa@recoveryinternational.org

Facebook group: Peers Empowering Peers
Too often our identifies are held hostage by our diagnosis's, this group is a supportive group of peers that lift each other up and remind each other we are more than the labels we identify with/by.
Contact: aohman@pearlhealth.org
Finding My Recovery
Our website is a virtual peer support community
Varies - daily at 10am is our topic meeting
www.findingmyrecovery.org or 931-303-1041
contact: tholman@vbhcs.org

In The Rooms
Any persons with a dual diagnosis may attend. The groups are 12 step formats with
discussions ranging from recovery, medications, coping skills, etc.
Monday 9:00PM EST, Thursdays 7:00PM EST, & Fridays 5:00PM EST. Fridays
https://www.intherooms.com/home/

Academy of Peer Services Virtual Learning Community (NY)
On-line groups
https://aps-community.org/online-support/
Phone support
https://aps-community.org/phone-support/

Illinois Mental Health Collaborative
www.illinoismentalhealthcollaborative.com
Recovery Support by Phone - Anyone in Illinois age 12 and up
Monday - Saturday 8a-8p central time
866-359-7953

Fresh Hope for Mental Health
To empower individuals with a mental health challenge, along with their loved ones, to live a full
and rich faith-filled life in spite of a mental health challenge.

https://freshhope.us/find-a-group/
Contact: FreshHopeDecatur@gmail.com

Sunrise Community for Recovery and Wellness
Calendar: https://docs.google.com/document/
d/1dkeNuhRUMc2yh_V4bqhqa7JjWAsFhP9Due9DAoY0F0c/edit

Contact: jderreberry@sunriseinasheville.org
The Hope Group
Suicide Prevention, Intervention and Postvention Support

www.hope-group.org/support

Contact: charlotte@hope-group.org