

# 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.

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

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## **Peer Galaxy – Oregon Peer Support Network**

[https://www.peergalaxy.com/calendar/?fbclid=IwAR36XmuwUVsNHKD2zbC2ITne3GXe xm8-GDYcT41wWHpJW0sf3\\_eq9iTIMkw](https://www.peergalaxy.com/calendar/?fbclid=IwAR36XmuwUVsNHKD2zbC2ITne3GXe xm8-GDYcT41wWHpJW0sf3_eq9iTIMkw)

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## **Western Mass Recovery Learning Community**

<http://www.westernmassrlc.org/hidden-community-happenings-fix/888-on-line-and-phone-supports-march-2020?fbclid=IwAR0RFfXJsLf5XRbBng50kaQY9hgrgHfqjo3UDrCsJ8D6vBya4uwigJJ1Q Qq8>

"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-annI>

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

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## **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](mailto:info@hearingvoicesusa.org) to be connected to a meeting.

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### **Peerly Human**

<http://peerlyhuman.blogspot.com/>

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### **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

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### **Support Groups Central**

<https://www.supportgroupscentral.com/index.cfm?fbclid=IwAR0cf4k46rpA5ADjvLuSXRW4cRa2UhSSF1p9namzT3DHY6MZnR4cVQiy-j8&CFID=1624165&CFTOKEN=bdedd4bd0bf2f364-FC927680-B96F-E503-4F7D9BEF5B02BAD2>

<https://www.peersupportsolutions.com>

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### **Sunrise Community for Wellness and Recovery**

[Www.sunriseinashville.org](http://www.sunriseinashville.org)

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### **Heal Her Peer Support**

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