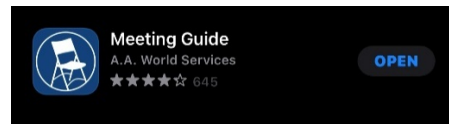


Self Help Resources

Downloadable App's for Meeting Places & Times

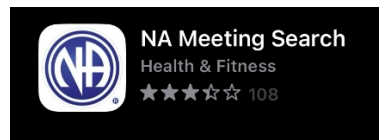
[Meeting Guide \(AA World Services\)](#)

[Alcoholics Anonymous](#)

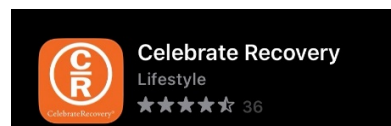


[NA Meeting Search \(Health and Fitness\)](#)

[Narcotics Anonymous](#)

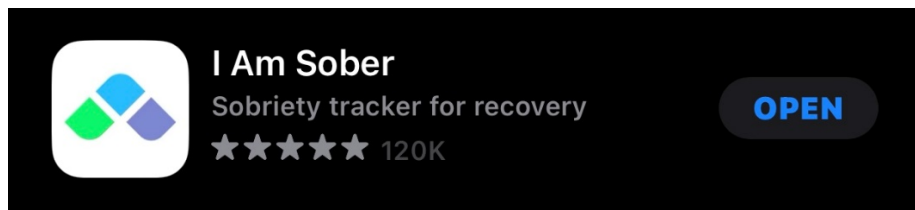


[Celebrate Recovery \(Faith Based Self Help\)](#)



Time Trackers

[I am Sober](#)



Helpful Podcasts

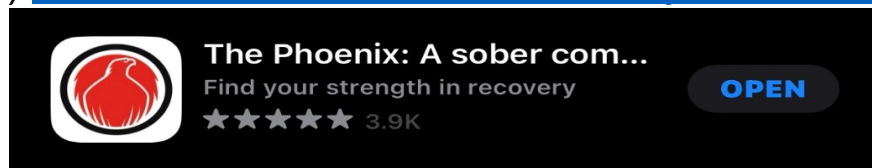
Recovered Podcast



Let us know what your favorite podcasts are so we can add them to our resources

Other Useful APS to help you stay Connected in Recovery

1) [Fitness and Active Local Recovery Community](#)



***If you are feeling in Distress or it is after hours:**

You can text: 988 for immediate assistance

Or [Chat](#)

You can call: 911 if it is a life-threatening
Emergency

Or you may use the My Mental Health Crisis Plan App [IOS](#), [Android](#)

(sponsored by the Substance Abuse and Mental Health Services
Administration {SAMSHA} and the American Psychiatric
Association)

