**Online and Virtual Help and Support – March 2020**

**Narcotics Anonymous**

**(**[**https://online.ukna.org/**](https://online.ukna.org/)**) (**[**https://virtual-na.org/meetings/**](https://virtual-na.org/meetings/)**)**

[**Home**](https://online.ukna.org/video/online-meetings)

**Online Meetings**

For members who cannot attend a meeting in person or newcomers who aren't yet ready for that, we have virtual (voice only) meetings online
No registration required & totally anonymous.

**Online meetings everyday at 7.30pm London time**

Mondays, Wednesdays, Thursdays, Fridays & Saturdays are formal N.A. meetings,
plus Social Support (Q&A) Groups on Tuesdays & Sundays
**at**[**gotomeet.me/ukna**](https://www.gotomeet.me/ukna)

**Desktop/Laptop users, click on above link;
If asked for an email, you can skip it, then all you have to do is choose a username
& click accept when we ask to use your microphone.
Most browsers work well - Chrome, Firefox, Edge - though Opera does not.**

**There is a smartphone app too:**
**Go to Android's Play Store or Apple's 'Apps' & search for gotomeeting, download and install;
When it opens type ukna or 437-754-909 into the Meeting ID box,
then enter your name, press Save, & you're in.**Any problems please email webcom@ukna.org

**Alcoholics Anonymous**

[**https://www.alcoholics-anonymous.org.uk/AA-Meetings/Online-\_-Telephonic-Meetings**](https://www.alcoholics-anonymous.org.uk/AA-Meetings/Online-_-Telephonic-Meetings)

Many meetings are temporarily shutting down but members are creating online/telephone meetings.  If you would like to register one of these meetings please contact Chris at GSO by email at groupinformation@gsogb.org.uk or submit it online.

[**https://alcoholics-anonymous.eu/online-meetings/**](https://alcoholics-anonymous.eu/online-meetings/)

European site, with a list of daily AA online meetings for people at different stages of the Fellowship programme.

**Cocaine Anonymous Online**

[**https://www.ca-online.org/**](https://www.ca-online.org/)

* [**Email meetings**](https://www.ca-online.org/meetings/email-meetings/) – These are email based and run 24 hours a day, 7 days a week.
* [**Voice meetings (VoIP)**](https://www.ca-online.org/meetings/voip-voice-meetings/) – OSA voice only meetings are held on Skype™ or Go To Meeting™, Freeconferencecall™ and are similar in format to face to face meetings. As a general rule we only use the voice part, no cameras.

**Al-Anon**

[**https://al-anon.org/al-anon-meetings/electronic-meetings/**](https://al-anon.org/al-anon-meetings/electronic-meetings/)

Electronic meetings, like all Al‑Anon meetings, offer help and hope to anyone who is affected by alcoholism in a family member or friend. Electronic Al‑Anon meetings agree to abide by the spirit of the Twelve Traditions. Each Al‑Anon member is responsible for keeping the meeting focused on Al‑Anon recovery and discussion of Al‑Anon related topics. Al‑Anon will always be what we—its members—make it. Confidentiality and anonymity varies from platform to platform. It is the responsibility of the Al‑Anon member to understand how to maintain personal anonymity when participating in an online Al‑Anon meeting.

**Scottish Families Affected by Alcohol & Drugs**

**https://www.sfad.org.uk/communities/message-boards**

**Message Boards**

Sharing experiences can help with supporting someone you care about who has an alcohol or drugs problem. You can post if you are looking for support, interested in any of Scottish Families services or if you simply want to talk to someone – we recommend starting in the ‘Newbies Corner’ so you can introduce yourself to our online community

**Facebook**

**“Recoverist Network”** **Private group**, meaning no one can see that you are a member of the group or what you post unless they are also a member of the group – posts up details of support area by area as well as live videos featuring meditation and self-management techniques. Managed by Scottish Recovery Consortium.

**“RecoverTay”** Local grassroots recovery group. Provide information regarding local events etc**. Public Group.**