

RESOURCES

(844) 643-5766

LOCAL
24/7 DRUG/ALCOHOL
HOTLINE

(814) 724-2732

LOCAL
24/7 MENTAL HEALTH
HOTLINE

(814) 333-3916

LET'S TALK...
HELPLINE

ON THE WEB:

NOMNWPA.ORG
LETSTALKHELPS.COM
DRUGSKILLDREAMS.COM
NWPANA.ORG / NA.ORG
NWPAAA.ORG / AA.ORG
PA-AL-ANON.ORG
AL-ANON.ORG
ANONANON.ORG
SAMHSA.ORG

LET'S TALK...

VIRTUAL ONLINE TELEPHONE RECOVERY SUPPORT GROUPS

LEARN MORE AT:
LETSTALKHELPS.COM
/ONLINE

CALL THE LET'S TALK... HELPLINE

(814) 333-3916

FOR HELP WITH RECOVERY,
VIRTUAL MEETINGS,
INFORMATION ABOUT DRUG &
ALCOHOL TREATMENT, OR JUST
TO CHAT!

ALCOHOLICS ANONYMOUS
AA-INTERGROUP.ORG

ANONYMOUS ANONYMOUS
DOUBLEA.HOW/MEET

NARCOTICS ANONYMOUS
VIRTUAL-NA.ORG
NASTUFF.COM

JOINING AN ONLINE MEETING BY SMARTPHONE TABLET OR COMPUTER

To attend an Online Meeting using a smartphone, tablet, or computer, simply click on link for the meeting you want to attend! It will prompt you to download the free apps, or prompt you to open the app if you have it.

**LOCATE THE MEETING'S:
DAY & TIME - LINK -OR-
MEETING ID & PASSWORD
(IF APPLICABLE)**

You can also join a meeting by entering the Meeting ID and Password in the apps.

Many of these apps are very similar! Locate the Meeting ID, the link, the Password, and the Phone Number if applicable.

ONLINE RECOVERY SUPPORT GROUPS

There have always been many online meeting offerings for support groups, but given our current societal context, many local support groups have moved to the online meeting platforms.

They include applications such as:

**GOOGLE MEET
ZOOM
BLUE JEANS
GOTOMEETING**

Check out the following websites for more information about online and telephone meetings!

JOINING A ZOOM MEETING BY TELEPHONE

Zoom is a popular platform for virtual meeting, and many platforms function similarly. Here is a brief how-to for Zoom!

Every Zoom Meeting is automatically set up to do Video/Web Conferencing as well as Phone Conferencing. Simply download the app at Zoom.us or your App Store, and click the link to join the meeting.

To use the Phone Conference option instead of the Join Audio Conference by Computer option:

**LOCATE THE MEETING'S:
DAY & TIME
MEETING ID
& PASSWORD
(IF APPLICABLE)**

**DIAL: 1 (929) 436-2866
and enter your Meeting ID
when prompted, and
Password (if applicable)**