

RECOVERY SUPPORT ORGANIZATIONS

12 STEP

12step.org (12step.org)

The site provides information, tools and resources for working a 12 Step recovery program. It gives you worksheets that help you write things down about your thoughts and beliefs, past behaviors and things that happened to you to make it easier to complete the steps. They also explain each step and have a forum conversation on each one. There is a Newcomers Guide with tips, videos about what science knows about addiction, and an online meeting finder.

[Alcoholics Anonymous: 12 Step Programs for the Deaf](http://rit.edu/ntid/saisd/info/nationaldirectory)

(rit.edu/ntid/saisd/info/nationaldirectory)

Lists TTY equipped 12 Step offices available and other AA offices that rely on relay service for interaction with the Deaf. Information about ASL-interpreted AA meetings can usually be provided by local AA central or intergroup offices listed in the phone book. If there is no local AA office, the Alcoholics Anonymous General Service Office keeps an updated list of over 580 United States and

Canadian AA central offices.

[All Addictions Anonymous](http://alladdictionsanonymous.org/) (alladdictionsanonymous.org/)

All Addictions Anonymous focuses solely on the 12 step program and how to work the steps. They allow only brief personal sharing about "war stories" in order to illustrate patterns of addiction and do not explore psychological issues. The program connects suffering addicts to recovered addicts who guide newcomers through a personalized one-on-one study of the original 12 step program described in the Big Book of Alcoholics Anonymous. The program is open to people with any addiction. Go to the Contact Us section and leave a confidential message on their 24 hour pager: 416-468-8603 or send an email. You will be contacted and connected with someone in your area or arrangements will be made to get you help by phone.

[Big Book Sponsorship](http://bigbooksponsorship.org) (bigbooksponsorship.org)

The purpose of this site is to show people recovering from all addictions precisely how to recover using the Big Book of A.A. It provides information about the original A.A. Program that produced recovery rates that were 50-75% successful and information resources on who, where, why, what and how to use the Big Book and its methodology for facilitating spiritual experiences that enable the addict to recover. The site helps connect people with Big Book sponsors who practice the original program format.

[Cocaine Anonymous \(CA\)](http://ca.org) (ca.org)

This twelve-step program is for people in recovery from cocaine and other drugs. The site describes the twelve-steps and traditions and provides a self-test, a meeting starter kit and CA literature. Under "Local Phones & Links", referral phone numbers are listed by state in the US, with contact numbers provided for Canada, the UK and the Netherlands as well. To participate in online meetings click on "Online, all locations" at the end of the referral list.

[CrystalMeth Anonymous \(CMA\)](http://crystalmeth.org/index.php) (crystalmeth.org/index.php)

This twelve-step program is for people in recovery from crystalmeth amphetamine and other related drugs. Based on the twelve-step model, the web site includes basic information on the CMA fellowship, the Twelve Traditions, CMA meeting schedules and information on how to start a meeting.

[Marijuana Anonymous World Services](http://marijuana-anonymous.org) (marijuana-anonymous.org)

Marijuana Anonymous uses the basic 12-step recovery program founded by Alcoholics Anonymous. Their web site covers the 12-steps and the 12-traditions, online pamphlets on various aspects of marijuana addiction, a meeting directory by geographic area and a list of online meetings.

[Nicotine Anonymous](http://nicotine-anonymous.org) (nicotine-anonymous.org)

Nicotine Anonymous is a 12-step fellowship program based on the recovery program of Alcoholics Anonymous. Their web site has a meeting locator by state or country and online information in English and five other languages.

[Pills Anonymous](http://pillsanonymous.com) (pillsanonymous.com)

This web site is geared to the needs of those recovering from prescription drug addiction. It discusses the 12 step traditions and provides sample stories and a meeting locator. Free online recovery guides and manuals are available.

SECULAR

[Recoveries Anonymous](http://r-a.org) (r-a.org)

Recoveries Anonymous (RA) is a recovery fellowship that uses the 12 steps for a "Solution Focused Program of Recovery." It welcomes anyone with any kind of problem or self-destructive behavior including family and friends and those who are looking for spiritual growth. The goal of RA is to "restore one's sanity", not simply to remain abstinent. Their web site provides background information on their approach as well as a meeting locator and information on how to start a group. Free online recovery guides are available and downloadable PDF versions of RA's solution focused books (small contribution is requested).

[Recovery Zone](http://recoveryzone.org) (recoveryzone.org)

This site on 12 step recovery presents both the complete audio version (in streaming audio) and text version of the original book "Alcoholics Anonymous" book written in 1939, the basis of all the 12-step programs.

[Exposure Response Prevention](http://killthecraving.com) (killthecraving.com)

ERP® is a behavior therapy technique that systematically exposes an addict to simulated versions of their drugs of choice and the equipment related to its use in order to elicit powerful cravings. It is believed that as the addict learns to handle these triggers and cravings without giving into them, the desire to use becomes weaker and weaker over time. ERP® therapy increases self-control and confidence, resulting in a reduced likelihood of relapse. ERP® can be done through photo cards (using their book "Kill the Craving" ERP kits and their web site) or with a trained therapist (call 1-888-8-CARE-4U for more information about this version of ERP®). ERP therapy should never be used as the sole treatment for substance abuse problems. These are complex disorders that require a comprehensive treatment approach that can include group therapy, community-based support meetings, individual psychotherapy to handle co-occurring psychological problems, and medication where appropriate to assist in treatment.

[LifeRing Secular Recovery](http://lifering.org) (lifering.org)

This non-religious recovery network is based on a group process self-help system of recovery. The web site provides a national meeting list organized by state, news bulletins, online scientific articles, a chat room with daily online meetings, reviews of recovery books, and extensive links organized by topic such as recovery groups, government/academic sites, and various approaches to healing.

[Rational Recovery](http://rational.org) (rational.org)

Rational Recovery is the concept of immediate self-recovery from addiction through the learned skill of planned abstinence. Abstinence is facilitated by using an easily-learned method called Addictive Voice Recognition Technique® (AVRT). There is no religious or spiritual component to this method of recovery. The web site offers an online course on AVRT, an online bookstore offering Rational Recovery books, audio tapes, videotapes, discussion forums, articles and essays.

[Secular AA](http://secularaa.org) (secularaa.org)

Secular AA is a service network and central location for sharing resources to support agnostics, atheists and freethinkers in AA. The purpose is to help broaden the reach of recovery through AA by making it more accessible and welcoming to a greater number of people. Resources include meeting lists in the US and Canada including online meetings. They also list Agnostic AA group websites, podcasts, recovery resources, and blogs.

[Secular Organizations for Sobriety \(SOS\)](http://sossobriety.org) (sossobriety.org)

SOS provides a non-religious path to sobriety through a network of local group meetings. Their web site offers a 24 hour online real-time chat meeting using voice or type, a meeting locator for groups in the U.S. and Europe, a sobriety tool kit, recommended readings, and more.

RELIGIOUS

[Buddhist Recovery Network, UK](http://buddhistrecovery.org.uk) (buddhistrecovery.org.uk)

This recovery network supports the use of Buddhist teachings, traditions and practices to help people recover from addictive behaviors. The site is open to people of all backgrounds and respectful of all recovery paths. It promotes mindfulness and meditation and is grounded in Buddhist principles of non-harming, compassion and interdependence. The site has a discussion list, a meeting finder in 9 countries including the UK, Canada, US, Australia and Thailand, and an online meeting locator.

[Celebrate Recovery](http://celebraterecovery.com) (celebraterecovery.com)

Started by a Church in Southern California over 8 years ago, this fellowship program provides a strong Christian spiritual orientation to the 12-step approach to the recovery process. The program welcomes people with any type of addiction or compulsion. There are now over 500 similar ministries across the U.S. that can be found by using the site's online locator.

[Jewish Alcoholics, Chemically Dependent Persons and Significant Others \(JACS\)](http://jewishboard.org/listing/jewish-alcoholics-chemically-dependent-persons-and-significant-others-jacs)

(jewishboard.org/listing/jewish-alcoholics-chemically-dependent-persons-and-significant-others-jacs)

JACS is dedicated to assisting Jewish people in recovery by promoting understanding of addiction as it involves the Jewish community, acting as a resource center and information clearinghouse on the effects of

alcoholism and drug dependency on Jewish family life, and offering recovery opportunities in a nurturing Jewish environment. Phone: 212.632.4600.

[Latter Day Saints Addiction Recovery Program](http://addictionrecovery.lds.org/) (addictionrecovery.lds.org/)

The LDS Addiction Recovery Program sponsors national and international addiction recovery support meetings to assist individuals who seeking freedom from addiction and a better life through gospel fellowship. The website lists recovery group meetings by geographic area where experienced group leaders create a safe environment to help participants support one another and implement gospel principles in their efforts to recover and heal. They also offer an online Guide to Addiction Recovery and Healing to help people in recovery learn how to apply these key principles to change their life.

[Reformers Unanimous Recovery Programs](http://reformersrecovery.com) (reformersrecovery.com)

This faith-based addiction recovery program developed from over a decade of experience working with hundreds of thousands of addicts through local churches. There are over 800 locations internationally. Programs include recovery classes that meet on Friday nights across the U.S., an addiction recovery helpline, and out-patient and residential treatment options.

[Refuge Recovery](http://refugerecovery.org) (refugerecovery.org)

This mindfulness-based addiction recovery community practices and utilizes Buddhist philosophy as the foundation of the recovery process. Drawing inspiration from the core teachings of the Four Noble Truths, emphasis is placed on both knowledge and empathy as a means for overcoming addiction and its causes. The site provides a meeting locator as well as links to online and phone meetings.

OTHER

[Devils Candy Ministry](http://devilscandy.com) (devilscandy.com)

This non 12-step web site provides a variety of resources and information to help people recover from crack cocaine. These include an audioblog describing their programs and successes, a live radio broadcast on Thursday nights at 9:30 PM EST, book recommendations, online support groups, a personalized e-journal, and more.

[Moderation Management](http://moderation.org) (moderation.org)

This program specifically addresses the needs of beginning stage problem drinkers with early intervention and harm reduction programs. Moderation Management (MM) is a behavioral change program and national support group network that promotes early self-recognition of risky drinking behavior. It is a nine-step professionally reviewed program that provides information about alcohol, moderate drinking guidelines and limits, drink-monitoring exercises, goal setting techniques, and self-management strategies.

Their web site provides a list of MM meetings nationally, an online alcohol dependence questionnaire, online group meetings, an online directory of therapists who are open to the Moderation Management approach, a worksheet for tracking progress, recommended reading list, and more.

[SmokeFree.gov](http://smokefree.gov) (smokefree.gov)

This National Cancer Institute web site provides detailed step by step guidelines on how to quit smoking. It also includes links to the smoking quit-line, to telephone support by state, and to instant messaging via a live chat service with a National Cancer Institute information specialist during specified hours of operation. The site also offers free online guides to quitting targeted to different populations.

[Women for Sobriety \(WFS\)](http://womenforsobriety.org) (womenforsobriety.org)

Since 1975 WFS has been an international self-help recovery program for women, based on a Thirteen Statement Program. This program can be used in conjunction with AA, or as an alternative. WFS offers a variety of recovery tools to guide a woman in developing coping skills which focus on emotional and spiritual growth, self-esteem, and a healthy lifestyle based on positive thinking, metaphysics, meditation, group dynamics and healthy nutrition. Articles, the monthly newsletter, meeting information and chat-lines are available on the website.

12 Step Recovery Programs (n.d.). Retrieved March 25, 2020 from <https://www.addictionrecoveryguide.org/resources/recovery/>

ONLINE SUPPORT GROUP MEETINGS

Alcoholics Anonymous: A voluntary fellowship of alcoholics who help themselves and each other get sober and stay sober.

Al-Anon/Alateen: Group meetings for families and friends whose lives have been affected by alcohol.

Washington Recovery Help Line: The community line is available to help with drug and alcohol use issues. Call for support and information.

Celebrate Recovery: Christian-based recovery groups designed to help people struggling with various issues, including substance use addiction. Celebrate Recovery groups meet at participating churches (list available on website).

Cocaine Anonymous: A fellowship of men and women who share experiences, strength, and hope with each other to help in the recovery from cocaine addiction.

Crisis Clinic of Seattle/King County: A non-profit organization offering 24-hour support services to people in emotional distress.

Crystal Meth Anonymous: A fellowship of men and women who share experiences, strength, and hope with each other to help in the recovery from crystal meth addiction.

Marijuana Anonymous: A fellowship of men and women who share experiences, strength, and hope with each other to help in the recovery from marijuana addiction.

Narcotics Anonymous: An international, community-based association of recovering drug addicts.

SMART Recovery: Face-to-face and online help groups. The organization helps people recover from all types of addictive behaviors.

Women for Sobriety, Inc.: A non-profit organization dedicated to helping women overcome alcoholism and other addictions.

Brown, Karen (Ed.)(January 3, 2019). Kaiser Permanente Washington. Retrieved 3/25/20 from <https://wa.kaiserpermanente.org/healthAndWellness/index.jhtml?item=%2Fcommon%2FhealthAndWellness%2FhealthyLiving%2FLifestyle%2Falcohol-resources.html>)

MOBILE APPS TO SUPPORT RECOVERY

[Sober Grid](#)

Beau Mann

iOS Free Android Free

This free, location-based app lets users find and connect with others in recovery who are near them for support, encouragement, information, and sober friendship. You can remain anonymous if you wish. It displays a grid of app users in the general vicinity (giving an approximate distance) and allows you to message that user, post messages to a newsfeed, or alert others that you are in need of support.

[AA \(ALCOHOLICS ANONYMOUS\)](#)

[12 Steps AA Companion – Alcoholics Anonymous](#)

Dean Huff

iOS \$2.99 Android \$1.99

This sobriety tool is available for members of Alcoholics Anonymous. Provides a Big Book reader, prayers, Big Book promises, search tool, sobriety calculator, notes, and AA contacts database. An anonymous icon protects anonymity by not showing references to AA. Also contains an extensive meeting directory and program descriptions.

[AA Big Book and More](#)

Rob Laltrello

iOS Free

This free app is easy to use, helps you keep track of your sobriety, provides the text of the AA Big Book, and offers encouraging messages daily.

[Joe & Charlie – AA](#)

Robert Keathley

iOS \$2.99

Listen to analysis of the Big Book of Alcoholics Anonymous by Joe & Charlie with over 6 hours of audio.

[One Day At A Time – AA](#)

Robert Keathley

iOS \$1.99

Read the Big Book of Alcoholics Anonymous anywhere. Search for keywords while in discussion meetings. Get Daily Meditations right on your iPhone or iTouch. Features include friends' sobriety dates, home groups, and quick link for calling.

[NA \(NARCOTICS ANONYMOUS\)](#)

[SoberTool](#)

iOS Free Android Free

This app is geared to relapse prevention. It teaches the user how to identify thoughts and feelings which can lead to relapse. Then it leads the user to a daily reading geared to what they are currently experiencing which helps change "relapse" thinking into "sober" thinking. It also calculates sober time and money saved staying sober. It was developed by a licensed chemical dependency counselor who personally has over 27 years of sobriety.

[OTHERS](#)

[Ascent](#)

This app provides 24/7 support from well-trained peer-recovery coaches to help avoid relapse and remain on the path of recovery through support and motivation. Ascent begins with a plan customized by the client in concert with a coach and other members of his or her support team. It provides the ability to gather with others in recovery via the community messaging section, enter personal motivations, watch recovery videos, find meetings, track your recovery and set new goals. Ascent costs \$35.00 per month for the app plus coaching and is available for iOS and Android devices.

[Insight Timer](#)

iOS Free Android Free

Insight Timer is a free smartphone app and online community with more than five million meditators. It has a huge library of content: nearly 13,000 guided meditations from over 2,600 teachers on topics like stress, relationships, creativity, and more. The app fosters a sense of community - the home screen announces the number of meditations done that day and the number of people meditating right now. It is available in English, Dutch, French, German, Italian, Portuguese, Russian and Spanish. It was voted App of the Year by Time Magazine.

[Quit It 3.0 - stop smoking](#)

iOS \$.99

This motivational program supports and encourages smokers to quit and helps ex-smokers avoid relapse. It keeps track of cigarettes not smoked, money saved, and the benefits of quitting. Successes can be shared via Facebook, Twitter or email.

[Quit Now](#)

Android, free

In English and Spanish. Counts days without smoking, cigarettes not smoked, money saved, and time saved. Covers nine aspects of health that will gradually improve, tips for quitting, and provides a widget.

Mobile apps for Addiction (n.d.). Retrieved March 25, 2020 from https://www.addictionrecoveryguide.org/resources/mobile_apps

Stop Drinking With Andrew Johnson

Stop Drinking with Andrew Johnson, created by Michael Schneider, is an app designed to help listeners relax and cope with the emotional and physical cravings of alcohol. This app was made to motivate users to change their thinking about alcohol by engaging with a virtual health coach named Andrew Johnson. The app uses principals of relaxation, hypnotherapy, positive suggestions and guided visualizations to help users break unwanted habits. Find it on [iTunes](#) or install it on [Android](#).

Twenty-Four Hours a Day

Based on *Twenty-Four Hours a Day* by Hazelden Publishing, this app features over 360 daily meditations for individuals in recovery from addiction. It provides daily inspirational messages and allows users to share them with friends. Users can just shake their phone and a motivational message will pop up on the home screen. The app also syncs with users' smartphone calendars to provide a daily inspirational message. It's available on [iTunes](#) and on [Android](#).

12 Steps AA Companion

12 Steps AA Companion is the official app for Alcoholics Anonymous (AA). It includes a digital copy of *The Big Book*, which is used in AA meetings across the world and is one of the best-selling books of all time. Accessing the *The Big Book* on the app allows you to highlight text, adjust font size, and quickly search by topic. This app's icon was designed to protect the user's anonymity and does not reference AA. The app also includes morning and evening prayers, the ability to take and share notes during AA meetings, and access to the contact information of local and national recovery support resources. Get it on [iTunes](#) and [Android](#).

I am Sober

This app is a highly-rated companion for sober living with both an intuitive user interface and variety of helpful features. As a day log keeper, I am Sober helps you achieve sobriety milestones using a behavioral change model. This app includes daily notifications to reinforce the healing journey, and users can earn achievements to help them stay focused on their path to recovery on their [iPhones](#) and [Androids](#).

Squirrel Recovery

Squirrel Recovery is a new app designed by scientists through the Ohio State Innovation Fund. It was created specifically for those individuals recovering from heroin addictions. Squirrel Recovery uses positive reinforcement and the power of social support to help users remain steadfast in their journey to recovery. The app sends automatic text messages throughout the day to specific contacts you can set as your support system. The messages to remind them to "check in" with you. This [Android](#) app also includes a panic button that notifies your contacts to call you immediately if you are experiencing cravings. The app awards you coins as you achieve milestones and sends you motivational quotes for encouragement.

One Day at a Time

One Day at a Time is an app for members of Alcoholics Anonymous, Narcotics Anonymous, Cocaine Anonymous, Al-Anon, Overeaters Anonymous and Adult Children of Alcoholics. Similar to the 12 Steps AA Companion, this app includes a full-text digital copy of *The Big Book* and it allows users to highlight and take notes as they read. It also includes daily meditations from a variety of sources and a contacts organizer, which enables users to track new friends they meet at group meetings. It's available at [iTunes](#) and on [Android](#).

AA Speakers

AA Speakers is a highly-rated app that allows you to listen to recovery speakers, workshops and audio books from previous AA meetings. This app includes over 300 different speakers and includes an audio recording of *The Big Book*, *The 12 Steps and 12 Traditions of Alcoholics Anonymous*, and *The Joe and Charlie Big Book Study*. Download it to your [iPhone](#) or [Android](#).

My Sober Life

My Sober Life is intended for young people between the ages of 12 and 25. It was built using the 12 Step recovery principles and in collaboration with young adults who have been successful in their recovery. This app includes a sobriety counter, daily motivational notifications, goal-setting, a meeting-finder, and educational tools authored by experts. Uniquely, this app also includes a personal "trend tracker" that allows users to track their personal obstacles on their [iPhones](#) or [Androids](#) and earn power-ups when they overcome them.

recoveryBox

This app includes a variety of features that creators describe as a recovery and accountability toolset. The app helps users break habits by allowing them to track their daily activities on a calendar using red, yellow and green color coding. Green lights refer to positive activities that promote recovery, while red lights reflect negative behavior and yellow lights are used as warnings. By color coding their activities, users can learn how to identify behaviors that will inhibit progress. This app allows them to set goals related to earning a certain number of green lights, and they can share these successes with friends, family members and healthcare providers. It's available on [iPhone](#).

Sober Grid

Sober Grid is a social media app that allows you to connect with other sober individuals. You can chat, send private messages, post photographs and videos, and share your interests. The app also includes a sobriety calculator to track the number of sober days you have achieved. It can help you find a safe ride to a local meeting and alert other members when you need someone to talk to immediately. Users can remain completely anonymous if they wish. Sober Grid is available for [Android](#).

Apps to Help You Cope with Addiction (nd). MentalHelp. Retrieved March 25, 2020 from <https://www.mentalhelp.net/addiction/apps-to-help-you-cope/>

12 Steps Companion



[iPhone](#): 4.4 stars

[Android](#): 4.5 stars

Price: \$2.99

This is the most comprehensive sobriety tool available for members of Alcoholics Anonymous. Features include a Big Book reader, search tool, sobriety calculator, notes, AA contacts database, and more. It's all offered in a functional and intuitive interface.

I Am Sober



[iPhone](#): 4.8 stars

[Android](#): 4.8 stars

Price: Free with in-app purchases

Use the I Am Sober app to track your sober days and milestones, build new habits, and enjoy ongoing motivation from a community of people who get it. Daily pledges can help keep you on track. A withdrawal timeline will help you understand what to expect in the days and weeks ahead. There are also additional resources designed to offer you a 24-hour companion and a wide network for your recovery.

SoberTool



[iPhone](#): 4.7 stars

[Android](#): 4.5 stars

Price: Free

This sobriety tool was developed by a Harvard-educated licensed chemical dependency and certified alcohol addiction counselor. It uses proven techniques to help you stay sober. Features include daily motivational messages, a search engine to help you find

relevant content, a tool to avoid relapse if you have a craving, a chat forum, and much more.

Nomo



iPhone: 4.8 stars

Android: 4.4 stars

Price: Free

Parker is a guy in recovery who created Nomo to keep himself on track and motivated. The app lets you create and share sobriety clocks — as many as you need — to track the number of days you've been sober, unhealthy habits you've gone back to, or whatever else you want to track. Find detailed breakdowns of your progress to the minute and earn chips when you reach milestones in your recovery. Send notifications to partners when you're feeling tempted, and share your successes directly to social media.

Sober Grid



iPhone: 4.9 stars

Android: 4.5 stars

Price: Free with in-app purchases

Sober Grid is designed to serve as your sober social network. It connects you to sober people nearby, offers a 24/7 peer support group, tracks your recovery with check-ins and quests, and includes a sobriety counter. Your information on the app can be as private or as public as you choose.

Timmons, Jessica.(2019, April 24). *The Best Alcohol Addiction Recovery Apps of 2019*. Healthline.
<https://www.healthline.com/health/addiction/top-alcoholism-iphone-android-apps>

ONLINE MEDIA

[Addiction, Recovery and Yoga](#) (adyo.org)

In this professionally made documentary film people speak candidly and compellingly about their addictions, working the 12-step program, and how yoga helped them in various ways with their recovery. The film is made by a senior Iyengar Yoga teacher and yoga therapist. In English and Spanish.

[HBO - Addiction - The Films](#) (hbo.com/documentaries/addiction)

You can view this feature-length documentary film, ADDICTION, online. It is the centerpiece of the HBO Addiction project. The Centerpiece Documentary brings together the nation's leading addiction experts with award-winning filmmakers and consists of nine separate segments covering important aspects of addiction. The Supplementary

Series presents 13 videos while the Complementary Series includes 4 more, all on different aspects of the addiction experience.

[The One You Feed Podcast](http://oneyoufeed.net) (oneyoufeed.net)

This weekly self-help podcast has over 250 episodes and more than 10 million downloads. It features conversations with experts from many fields including scientists, authors, researchers, teachers, thought leaders, spiritual gurus and public figures. Topics cover addiction recovery, behavior change, anxiety, depression and how to live healthier lives. Guests have included Tara Brach, Lewis Howes, Danielle Laporte, Adyashanti, Dan Harris, Glennon Doyle, James Clear, Parker Palmer, Krista Tippett and more. It has been named one of the 19 Best Health Podcasts of All Time by the Huffington Post. The podcast was founded by a person in recovery from heroin addiction.

[RecoveryAudio](http://recoveryaudio.org) (recoveryaudio.org)

A well-organized AA Speaker recording database on the Internet, they provide over 6000 tapes available for download. It was launched in February 2014 by a person in recovery in order to categorize and provide a searchable database of AA speaker tapes so people can find and immediately listen to a relevant recovery message anywhere, anytime, and on any platform (especially mobile devices). The format allows summaries/tagging of speaker tapes so that site visitors can participate in continued categorization of recordings, building greater content depth over time.

[Recovery Coast to Coast](http://recoverycoasttocoast.org) (recoverycoasttocoast.org)

This nightly addiction-related talk show is available nationally. Sponsored by the Alliance for Recovery, it runs from 10 p.m. to midnight Pacific time, and is available via streaming audio. The show features in-studio interviews as well as listener call-ins and testimonials from people in recovery. Past shows can be listened to online or downloaded as an mp3 file.

[StopAndThinkRadio](http://talkzone.com/shows/200/stopandthink.html) (talkzone.com/shows/200/stopandthink.html)

An addiction recovery site that features streaming interviews with the focus on 12-step-based recovery, hosted by an attorney who is in recovery.

[Take 12 Recovery Radio Shows](http://khlt.homestead.com/home.html) (khlt.homestead.com/home.html)

This online radio show broadcasts six shows a week on the 12-step approach to recovery and relapse prevention. All shows are archived on the site. Recovery talk and recovery music are featured.

[Yoga Recovery Online](http://studiolivetv.com/yogarecovery) (studiolivetv.com/yogarecovery)

Presents online yoga recovery videos by Kyczy Hawk, founder of Yoga and Recovery and creator of SOAR (Success Over Addiction and Relapse) program. Classes can be selected by style of yoga, length of sessions (from under 30 minutes to over an hour) and level of difficulty from beginners to advanced. Sessions are coordinated with the 12 step program. Classes start at \$5.00. Monthly subscriptions are available for \$8.00.

Online Media (n.d.). Addiction Recovery Guide. Retrieved March 25, 2020 from https://www.addictionrecoveryguide.org/resources/online_media