Online and Phone Recovery Resources
Alcoholics Anonymous and Narcotics Anonymous

Being isolated from structured support can be stressful for recovering alcoholics and addicts. Please reach out for ongoing support through the following programs.

### Alcoholics Anonymous Online and Phone Resources

<table>
<thead>
<tr>
<th>Resource</th>
<th>URL</th>
</tr>
</thead>
<tbody>
<tr>
<td>AA online Bay Area</td>
<td><a href="https://aasfmarin.org/">https://aasfmarin.org/</a></td>
</tr>
<tr>
<td>Step Chat AA</td>
<td><a href="https://stepchat.com/">https://stepchat.com/</a></td>
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<tr>
<td></td>
<td><a href="https://stepchat.com/aa.htm">https://stepchat.com/aa.htm</a></td>
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</tbody>
</table>

### Narcotics Anonymous Online and Phone Resources

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<tbody>
<tr>
<td>Step Chat NA Meetings</td>
<td><a href="https://stepchat.com/">https://stepchat.com/</a></td>
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<tr>
<td></td>
<td><a href="https://stepchat.com/na.htm">https://stepchat.com/na.htm</a></td>
</tr>
<tr>
<td>Never Alone Club</td>
<td><a href="https://www.neveraloneclub.org/">https://www.neveraloneclub.org/</a></td>
</tr>
<tr>
<td>Virtual NA</td>
<td><a href="https://virtual-na.org/">https://virtual-na.org/</a></td>
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### Al Anon Online and Phone Resources

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<tr>
<td>Al Anon</td>
<td><a href="https://www.al-anonsf.org/">https://www.al-anonsf.org/</a></td>
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<tr>
<td></td>
<td><a href="https://www.al-anonsf.org/meetings">https://www.al-anonsf.org/meetings</a></td>
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<td><a href="https://stepchat.com/alanon.htm">https://stepchat.com/alanon.htm</a></td>
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March 20, 2020
UCSF Primary Care Social Work