

# Social Distancing Doesn't Mean You Are Alone!



Due to novel coronavirus disease (COVID-19), many of us are in our homes or practicing social distancing policies that prohibit in-person access to many things. Recovery resources don't have to be among them. A number of organizations are using technology for mutual aid, peer support, and other services to prevent the disruption of services and care for people recovering from Substance Use Disorder. We are working together to find solutions - while keeping Kentuckians safe and healthy.



## Virtual Recovery Resources

TEAM  
KENTUCKY

In the Rooms (recovery meetings)

WE Connect and Unity Recovery (recovery meetings)

Alcoholics Anonymous (12-step recovery meetings)

SMART Recovery (recovery meetings)

Young People in Recovery (recovery meetings )

Louisville Recovery Community (recovery meetings)

Voices of Hope (recovery meetings )

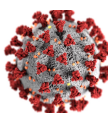
Unity Yoga/Unity Recovery (yoga meetings)

The Token Shop (recovery Meetings)

Recovery Speakers Online

Depression and Bipolar Support

Recovery Link Digital Resources



[kycovid19.ky.gov](https://kycovid19.ky.gov)

COVID-19 Hotline: 1-800-722-5725

National Suicide Prevention Lifeline:

1- 800-273-8255

Domestic Violence Hotline:

1-800-799-SAFE

Child Abuse Hotline:

1-877-597-2331