



## Connecting to others online

Listed below are national and international online recovery supports

Peer Support Recovery Network	<a href="https://www.facebook.com/groups/631301273715575/?ref=group_browse">https://www.facebook.com/groups/631301273715575/?ref=group_browse</a> An active AOD support group on Facebook. Although the group does not follow a particular 'method' of recovery it leans towards 12 step
Mrs D is Going Without/ Living sober	<a href="https://livingsober.org.nz/">https://livingsober.org.nz/</a> A thriving local community for connection, tools and support
AlAnon family groups	<a href="https://al-anon.org.nz/al-anon-meetings/">https://al-anon.org.nz/al-anon-meetings/</a> Support for people affected by someone else's use of alcohol and other drugs
NA meetings	<a href="https://nzna.org/meetings-list">https://nzna.org/meetings-list</a> Look under 'groups' for links to Maori, women's and other specific groups
Auckland Young People in Sobriety	<a href="https://us04web.zoom.us/j/288835989">https://us04web.zoom.us/j/288835989</a> Meeting ID 861 5368 4434 <ul style="list-style-type: none"> <li>• Saturday 7pm - Topic meeting</li> <li>• Monday 7pm - Big Book Study</li> <li>• Wednesday 7pm - Twelve Steps and Traditions</li> </ul> Same link for all 3 meetings

## Going global

SMART recovery	<a href="http://www.smartrecovery.org">www.smartrecovery.org</a> Self-Management and Recovery Training: open to anyone seeking science-based self-empowered addiction recovery
NA	<a href="https://virtual-na.org/meetings/">https://virtual-na.org/meetings/</a>
AA	<a href="http://www.aa-intergroup.org/directory.php">http://www.aa-intergroup.org/directory.php</a> Join meetings specifically for women, Rainbow, men, visually impaired, hearing impaired, agnostic/atheist <a href="https://tinyurl.com/one-day-at-a-time">https://tinyurl.com/one-day-at-a-time</a> an online meeting directory
In The Rooms	<a href="https://www.intherooms.com/home/">https://www.intherooms.com/home/</a> a global online community with over 500,000 members

## Other free information and tools to help you feel mentally well and get through this

Those with an asterisk \* are sponsored so they will not use up any of your data

A really happy hour	<a href="https://reallyhappyhour.co.nz/">https://reallyhappyhour.co.nz/</a> Highlights choices, helps people figure out what works best for them, and promotes healthy activities over things like drinking too much alcohol at this stressful time
Anxiety NZ	<a href="https://www.anxiety.org.nz/">https://www.anxiety.org.nz/</a> A free national helpline as well as workshops, support groups
Asian Family Services	<a href="https://www.asianfamilyservices.nz/">https://www.asianfamilyservices.nz/</a> Provides mental health support to Asians living in New Zealand
*Depression	<a href="https://www.depression.org.nz/">https://www.depression.org.nz/</a> Tips and tools for coping with COVID-19, wellbeing for Maori and Pasifika
Family Drug Support	<a href="https://fds.org.nz/">https://fds.org.nz/</a> Free support for families/whānau & friends to deal with others' alcohol and other drug misuse in a way that strengthens relationships and achieves positive outcomes
Getting Through Together	<a href="https://www.allright.org.nz/campaigns/getting-through-together">https://www.allright.org.nz/campaigns/getting-through-together</a> Practical tips, stories, and resources
Le Va	<a href="https://www.leva.co.nz/our-work/catchyourself/catchyourself-resources/">https://www.leva.co.nz/our-work/catchyourself/catchyourself-resources/</a> Tips for maintaining healthy relationships within our "bubbles"
Whakatau Mai: The Wellbeing Sessions	<a href="https://www.wellbeingssessions.nz">https://www.wellbeingssessions.nz</a> Free, online, community events you can join in real-time

## Self-help tools and apps

Aunty Dee (Just a Thought)	<a href="https://www.auntydee.co.nz/">https://www.auntydee.co.nz/</a> A tool to work through problems, generate ideas and find a solution (Le Va)
Sparklers at home	<a href="http://www.sparklers.org.nz/parenting">www.sparklers.org.nz/parenting</a> An online toolkit for parents with fun wellbeing activities to support whānau
Melon health app	<a href="https://www.melonhealth.com/mental-wellbeing/">https://www.melonhealth.com/mental-wellbeing/</a> An online community to connect with others and watch daily webinars and more
Mentemia app	<a href="https://www.mentemia.com/nz/covid-19">https://www.mentemia.com/nz/covid-19</a> Monitor and improve mental wellbeing through daily goals and tracking progress
*Staying on Track (Just a Thought)	<a href="https://www.justathought.co.nz/covid19">https://www.justathought.co.nz/covid19</a> Practical strategies to cope with the stress and disruption of day-to-day life
*Small steps	<a href="https://www.smallsteps.org.nz/">https://www.smallsteps.org.nz/</a> Digital tools to help you maintain wellness, find relief, or get help for yourself or whānau
Triple P	<a href="https://www.triplep-parenting.net.nz">https://www.triplep-parenting.net.nz</a> Three programmes to help parents and caregivers manage their children's



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development and anxiety

### Self-help tools for young people

Aroha	<a href="https://portal.habits.auckland.ac.nz/Portal/#/landing-covid19bot-trial">https://portal.habits.auckland.ac.nz/Portal/#/landing-covid19bot-trial</a> A chatbot that uses Facebook Messenger to provide practical, evidence-based tools to manage stress, maintain social connection and stay active
SPARX	<a href="https://www.sparx.org.nz/home">https://www.sparx.org.nz/home</a> Choose an avatar, complete quests, solve puzzles, restore balance
Melon Health	<a href="https://www.melonhealth.com/manual/">https://www.melonhealth.com/manual/</a> A range of online resources specifically for young people
Mental Wealth	<a href="https://www.mentalwealth.nz/">https://www.mentalwealth.nz/</a> Learning how to look after your mental health creates 'mental wealth'. Make yourself rich in mental wealth so you can spend it on taking care of yourself and others
RainbowYOUTH	<a href="https://ry.org.nz/">https://ry.org.nz/</a> Free 1:1 peer support for youth in the rainbow community, their friends and whānau
*The Lowdown	<a href="https://thelowdown.co.nz/">https://thelowdown.co.nz/</a> Straight up answers for when life sucks
Youthline	<a href="https://www.youthline.co.nz/helpline.html">https://www.youthline.co.nz/helpline.html</a> Where young people can talk one-to-one with a real person