

COVID-19 Resources for At Home Recovery



NAMI NJ Crisis Text Line – Text NAMI to 741741

Register for an online support group.

www.naminj.org/online-support-groups

The following two groups are being offered online, using the **Zoom platform**:

NAMI Family Support Group

Tuesdays at 12 pm & Wednesdays at 7 pm

NAMI Connection Recovery Support Group

Wednesdays at 12 pm & Wednesdays at 7 pm

Groups will begin the week of **March 23, 2020**.

NAMI Family Support Group is a 60 minute support group for adult friends and family members (18+) of people with mental health conditions. Participants gain support from peers who understand their experience and gain insight into others' challenges and successes.

NAMI Connection Recovery Support Group is a 60 minute support group for adults (18+) with a mental health condition. Participants gain the support of peers who understand their experience and gain insight into others' challenges and successes.



**Mental Health
Association in
New Jersey, Inc.**



WRAP For a Good Life During the COVID-19 Outbreak and Beyond

<https://mentalhealthrecovery.com/wrap-is/>

Learn a process that can change your *LIFE!* Developed in 1997, [The Wellness Recovery Action Plan® or WRAP®](https://mentalhealthrecovery.com/wrap-is/), is an evidence-based, prevention and wellness process that anyone can customize and apply to help make life the way they want it to be. It may be used by people in all kinds of circumstances, and by health care and mental health systems across the globe to address

physical, mental health and life issues. The following sessions will be offered for six consecutive weeks, starting on Monday, March 23, 2020. They will encompass both issues caused by the COVID-19 outbreak and other issues faced in everyday life. There is no cost to participate.

“WRAP is like a universal skeleton key that can unlock many aspects of wellness in one’s life... learning has always been one of whole health wellness and recovery; or recovering our wellness. Our focus on Hope, Personal Responsibility, Education, Self Advocacy and Support as a foundation for self-directed recovery and the planning process for recovering our wellness encompasses our minds, body and souls.”

---Matthew Federici, Executive Director of [Copeland Center](#)

Weekly Schedule

Most groups will be run “drop-in” style for six weeks. You may attend as desired. You may participate through Zoom and/or calling in. *Note: Please note special registration requirements and attendance recommendations for WRAP Seminar I on Mondays, 1 p.m. -- 3 p.m. This particular workshop has eight sessions (instead of six) with specific topics.

WRAP Mental Wellness Open Topic

Mondays for Six Consecutive Weeks Starting March 23, 4 p.m. -- 5 p.m.

- The Wellness Recovery Action Plan (WRAP) is a great wellness tool that can be used by all. In the WRAP Mental Wellness Open Discussion, we will discuss the many ways WRAP can be used daily. In this open forum, you can share, ask questions and get support. We hope you'll join us! Email us topic requests at wrap@mhanj.org
- Join Zoom Meeting: <https://zoom.us/j/932776999?pwd=SHJOZWVRUzhQRkZWcE1mekNxdWtqUT09>
- Meeting ID: 932 776 999 Password: 409400 Phone Number: 929-205-6099

****Closed WRAP Seminar I, Develop Your Own WRAP***

Mondays for Eight Consecutive Weeks Starting March 30, 1 p.m. -- 3 p.m.

- Participants of this eight-week workshop will learn how to develop their WRAP as a personalized system to help achieve their own wellness goals. It is for anyone who wants use WRAP to improve personal wellness and achieve an improved quality of life. This workshop follows the evidence-based practice group model of wrap. Please note offering Seminar I virtually is a pilot. To receive a certificate of completion, you must attend at least 80% of the sessions (six-out-of-eight). Registration is required by March 28 by emailing wrap@mhanj.org
- Join Zoom Meeting: <https://zoom.us/j/595986583?pwd=VUpuSmZoOUtvWUVKaHRsRHErYlZ6QT09>
- Meeting ID: 595 986 583 Password: 567192 Phone Number: 929-205-6099

WRAP for Addictions Discussion

Tuesdays for Six Consecutive Weeks Starting March 24, 1 p.m. -- 2 p.m.

- The Wellness Recovery Action Plan (WRAP) is a great wellness tool that can be used by all. In the WRAP for Addictions Discussion, we will discuss the many ways WRAP can be used daily in recovery. In this open forum, you can share, ask questions, and get support. We hope you'll join us! Email us topic requests at wrap@mhanj.org
- Join Zoom Meeting: <https://zoom.us/j/172562211?pwd=WWtEZ1hZOVZAZelJzYW9lbzhlWE4vUT09>
- Meeting ID: 172 562 211 Password: 708927 Phone Number: 929-205-6099

Wellness Tools Wednesday

Wednesdays for Six Consecutive Weeks Starting March 25, 3 p.m. -- 4 p.m.

- Wellness Recovery Action Plan (WRAP) is a great support for individuals to maintain their wellness. Much of the WRAP philosophy is rooted in identifying wellness tools, simple, safe, noninvasive, low cost elements you can do to stay well. In this group we will share wellness tools recommended by Mary Ellen Copeland and encourage participants to share their favorite wellness tools too! Email us topic requests at wrap@mhanj.org
- Join Zoom Meeting: <https://zoom.us/j/999115063?pwd=enYwaG54NlpmcnNaSUFRXcra3hiZz09>
- Meeting ID: 999 115 063 Password: 299406 Phone Number: 929-205-6099

WRAP Crisis Planning

Thursdays, Six Consecutive Weeks Starting March 26, 9 a.m. -- 10 a.m.

- Wellness Recovery Action Plan (WRAP) is a great support for individuals to use to live well even when in crisis. During challenging times, such as during the coronavirus outbreak, having a wrap crisis plan may help you feel confident and support your wellness. Email us topic requests at wrap@mhanj.org
- Join Zoom Meeting: <https://zoom.us/j/992844119?pwd=ZXQzaU5KaG1lVVoyY3hML1FWdlIFUT09>
- Meeting ID: 992 844 119 Password: 866264 Phone Number: 929-205-6099

WRAP for NOW

Thursdays, Six Consecutive Weeks Starting March 27, 1 p.m. -- 2 p.m.

- This open discussion forum will cover the stressors of the current state of our county, as we deal with the impact of the coronavirus. We will discuss how we can utilize the Five Key Recovery Concepts of hope, personal responsibility, education, self-advocacy and support during this time. We will also delve into some of the difference WRAP recovery topics such as changing negative thoughts to positive ones, peer support, work-related issues, living space, lifestyle and motivation. If you have questions you can contact wrap@mhanj.org
- Join Zoom Meeting: <https://zoom.us/j/705499820?pwd=VzZpT2VDOXRiQnQwZUJlNmFaZm9CZz09>
- Meeting ID: 705 499 820 Password: 492699 Phone Number: 929-205-6099

WRAP for Work

Fridays, Six Consecutive Weeks Starting March 28, 2 p.m. -- 3 p.m.

- This workshop will provide attendees with an overview of how to approach the topic of wellness during work and will offer tools to help maintain wellness while at work. Participants will explore, through interactive conversation, how individual wellness can introduce a culture of wellness into the workplace. Email us topic requests at wrap@mhanj.org
- Join Zoom Meeting: <https://zoom.us/j/153826614?pwd=RHpKRUR0dXRKUUGvdEdKbjFPb3pmUT09>
- Meeting ID: 153 826 614 Password: 870965 Phone Number: 929-205-6099

Questions? Please contact Carolyn Quinn at wrap@mhanj.org or 609-652-3800, ext 303.

Here at the [Mental Health Association New Jersey](#) we take pride in following the evidence-based practice of Wellness Recovery Action Plan (WRAP). We work hard to use the WRAP Values and Ethics and stay connected and trained through the Copeland Center for Wellness and Recovery.



Pause A While will host a free conference call for AA meetings

2:00PM Every Day

Dial-in Number: 425-436-6360 Access Code:422932#

Additional List of Online and Phone-based Supports

<https://unityrecovery.zoom.us/my/allrecovery>

Alcoholics Anonymous Online Intergroup: <http://aa-intergroup.org/directory.php>

Cocaine Anonymous Online Meeting Directory: <https://www.ca-online.org/>

[In The Rooms](#) – Global online community with over 500,000 members who share their strength and experience with one

[LifeRing](#) – Organization of people who share practical experiences and sobriety support based on the idea that there are many ways to live free of drugs and alcohol as there are stories of successful sober people <https://www.lifering.org/online-meetings>

Narcotics Anonymous Online Meeting Directory: <https://tinyurl.com/ul34pet>

[The Phoenix](#) – Recovery Community Organization offering live stream Crossfit, Yoga and Meditation daily every two hours through the COVID-19 Crisis <https://tinyurl.com/sxyl642>

Recorded Speakers (from a variety of 12-step fellowships): <https://www.xa-speakers.org/>

Refuge Recovery – Grounded in the belief that Buddhist principles and practices create a strong foundation for a path to freedom from addiction <https://tinyurl.com/wysjufy>

[SMART Recovery USA](#) – Global community of secular science-based mutual-support groups offering online support and forums including a chat room and message board <https://www.smartrecovery.org/community/>

[Sober Grid](#) – Platform to help anyone get sober and stay sober. Some join to get support, others to give it. Each free download, post, and connection create an opportunity to stay sober while helping others do the same. Download the App via [Google Play](#), [iTunes](#) or <https://www.sobergrid.com/>

[WEconnect Health Management](#) – Online recovery support groups available daily and open to anyone who is dealing with substance use, mental health concerns, disordered eating regardless of recovery pathway or status <https://www.weconnectrecovery.com/free-online-support-meeti...>

NA by Phone Meeting Schedule – <https://NAbyPhone.com> Several daily call in meetings at various times.

<https://Recoveryinternational.webex.com> Wide variety of on line meetings on many different topics

<https://www.mentalhealthline.org>

<https://Emotionsanonymous.org>

<https://suicidepreventionlifeline.org>

<https://meetup.com> general social networking on all types of activities and interests

<https://www.dailystrength.org> support groups on variety of topics

<http://voicesofnicotinerecovery.com>

<http://nicotene-anonymous.org/mobile>

<https://caringcontact.org>

NAADAC.org

NA International Marathon Meetings 24 hours a day 494-965-5895

1-800-gambler

<https://stbenedictholmdel.org> masses streamed daily

<https://meet.google.com/bcj-bkok> masses streamed

INFORMATION



New Jersey Department of Health

www.covid19.nj.gov

DOH 24-Hour Hotline: 1-800-222-1222 or via email at NCOV@doh.nj.gov

If calling from out-of-state: 1-800-962-1253. Trained healthcare professionals are standing by to answer questions about COVID-19. Calling the hotline is the best way to get answers to your questions about COVID-19. By email, please allow up to 48 hours for a response. ****The hotline is for general questions and is not able to assist with locating testing, getting test results, or providing medical advice.***



Centers for Disease Control

www.cdc.gov/coronavirus/2019-ncov/index.html