

# Social Distancing DOES NOT have to mean Social Isolation

Virtual resources for connecting with others, and yourself, while you're practicing social distancing

## Addiction Recovery

SOS Recovery: [straaffordrecovery.org/virtual-meetings/](http://straaffordrecovery.org/virtual-meetings/)

AA Meetings: [aaphonemeetings.org/](http://aaphonemeetings.org/)

In The Rooms, A Global Recovery Community: [intherooms.com](http://intherooms.com)

## Mental Health

National Suicide Prevention Lifeline: phone or chat, [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

Connections Peer Support, Portsmouth is offering a warm line available to all community members needing behavioral health support; 10:30PM and Sat / Sun 5-10pm @ 603-427-6966 or 800-809-6262; online support groups will be available and can be accessed at [connectionspeersupport.org](http://connectionspeersupport.org)

National Alliance on Mental Health Helpline: [nami.org/Find-Support/NAMI-HelpLine](http://nami.org/Find-Support/NAMI-HelpLine)

Depression and Bipolar Online Peer Support Groups: [dbsalliance.org/](http://dbsalliance.org/)

Therapy Tribe: Wide array of peer support groups, [support.therapytribe.com/](http://support.therapytribe.com/)

7 Cups: Free 24/7 Peer Chat: [7cups.com/](http://7cups.com/)

## Virtual/Telehealth Counseling

Call the number on the back of your insurance card and ask about behavioral health telehealth coverage

Life Balance Counseling: brief treatment 1-4 sessions, or long-term counseling:

[lifebalancenh.vistaprintdigital.com/](http://lifebalancenh.vistaprintdigital.com/) call (603) 332-8000 or email [info@lifebalancecoachnh.com](mailto:info@lifebalancecoachnh.com)

[Betterhelp.com](http://Betterhelp.com)

## Self-Care

Search for articles and self-care inspiration: [psychcentral.com/](http://psychcentral.com/)

Free Meditation Apps: UCLA Mindful, Oak- Meditation & Breathing, Headspace (free to healthcare workers)

FaceTime or call family and friends!

Search YouTube for free guided workouts

Stretch: Find a guide on [ramfitness.com/stretching.html](http://ramfitness.com/stretching.html)

## How to get accurate information

Dial 211 in NH, or (866) 444-4211

<https://www.dhhs.nh.gov/>

Visit [CDC.gov](http://CDC.gov)