



Download this resource list at  
[psnri.org/hoperecovery](https://psnri.org/hoperecovery)

# AFTER-HRS RESOURCES

## **RECOVERY MEETINGS:**

She Recovers online – women in recovery from anything  
[sherecovers.org/gathering-after-dark-winter-holidays](https://sherecovers.org/gathering-after-dark-winter-holidays)

In The Rooms: Recovering From Addiction & Online Addiction Meeting  
Community - Live online 12-step meetings almost every hour  
[www.intherooms.com](http://www.intherooms.com)

Download Meeting Guide App on phone for AA meetings

NAMI Groups - National Alliance on Mental Illness - [nami.org/help](https://nami.org/help)

Depression and Bipolar Support Alliance - [dbsalliance.org](https://dbsalliance.org)

Online groups: go to Online Support Groups

## **CRISIS SUPPORT**

BH LINK 401-414-LINK (5465) FOR 24/7 MENTAL HEALTH  
AND/OR SUBSTANCE USE or visit 24/7 triage center at  
975 Waterman Ave, East Providence.

For under 18 call 855-KID(543)-LINK(5465).

National Suicide Prevention Lifeline 1-800-273-TALK (8255)  
[suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)

Crisis Text Line [www.crisistextline.org](https://www.crisistextline.org)

Text HOME to 741741 to reach a volunteer Crisis Counselor