

# We're here for you.

## Online or virtual support opportunities for people in recovery or needing mental health support:

### **AA (alcoholics anonymous) virtual meeting info:**

*Website:* [WMD3aa.org](http://WMD3aa.org)

*Hotline:* 616-834-1191

### **NA (narcotics anonymous) virtual meeting info:**

NA Meetings online and by phone

*Website:* [virtual-na.org](http://virtual-na.org)

### **Smart Recovery:**

Hosts weekly online meetings

*Website:* [smartrecovery.org](http://smartrecovery.org)

### **211**

Dial 211 to be connected with Ottawa's 211 call center for help.

Or visit the website: [call-211.org](http://call-211.org)



Ottawa Substance Abuse Prevention Coalition

