

## **Free Mental Health HelpLines**

Colorado Crisis Services Helpline **24/7/365** 1-844-493-8255 Or text “talk” to 38255

SAMSHA National Substance Abuse and Mental Health Helpline 1-800-662-4357

## **Online Counseling from Auraria Campus Schools**

Community College of Denver Counseling Center

<https://www.ccd.edu/employees/departments/student-conduct-support/counseling-center>

Metropolitan State University of Denver Counseling Center

<https://www.msudenver.edu/counsel/>

University of Colorado Denver Counseling Center

<http://www.ucdenver.edu/life/services/counseling-center/Pages/default.aspx>

## **Free 12-step Speaker Tapes**

12-step Speaker Tapes (Just about every 12 step fellowship you could imagine)

<https://www.xa-speakers.org/pafiledb.php?action=file&id=13>

12-step Speaker Tapes (AA, NA, Al-Anon, Workshops, Book Studies)

<https://odontology12step.com/>

Also available as a phone app for android or iPhone. Links are on their website

Top 50 AA Speakers

<https://www.rehab4addiction.co.uk/resources/best-aa-speeches-all-time>

## **Free Online/Phone Recovery Meetings**

Adult Children of Alcoholics online meetings

<https://adultchildren.org/quick-search/?onlinebt=Click+Here>

Al-Anon online meetings

[https://al-anon.org/al-anon-meetings/electronic-meetings/#Phone\\_Meetings](https://al-anon.org/al-anon-meetings/electronic-meetings/#Phone_Meetings)

Alcoholics Anonymous online meetings

<http://aa-intergroup.org/>

Cocaine Anonymous online meetings

<https://www.ca-online.org/>

Heart of Recovery 12-fold path Recovery Meeting w/ Meditation and Discussion  
Monday and Wednesday at 6:30 PM

<https://zoom.us/j/848376743>

Narcotics Anonymous online meetings

[https://www.na.org/meetingsearch/text-results.php?country=Web&state&city&zip&street&withi  
n=5&day=0&lang&orderby=distance](https://www.na.org/meetingsearch/text-results.php?country=Web&state&city&zip&street&withi<br/>n=5&day=0&lang&orderby=distance)

Overeaters Anonymous online meetings

<https://oa.org/find-a-meeting/?type=1&sort=ASC&timezone=MST&limit=400&submit=true>

Sex Addicts Anonymous online meetings

<https://saa-recovery.org/meetings/>

Sex and Love Addicts Anonymous online meetings

<https://slaafws.org/onlinemeetings>

STARTING MARCH 16TH

**VIRTUAL COLLEGIATE  
ALL-RECOVERY  
MEETINGS**

LED BY SAFE COLLEGIATE RECOVERY LEADERSHIP ACADEMY STUDENTS

<b>MON</b> <b>7</b> PM ET	<b>WED</b> <b>1:30</b> PM ET	<b>FRI</b> <b>3</b> PM ET
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PLEASE SHARE WITH STUDENTS AND ALUMNI IN  
RECOVERY: <https://zoom.us/j/328951750>

## Free Yoga, Meditation, and CrossFit Led by The Phoenix

1. **First**, please enroll as a new member of The Phoenix. It's really quick and easy  
<https://thephoenix.org/participate/?fbclid=IwAR3AoynuBTiJBpUt9f4WUU9TUbEr8DsRSCgSUIs2Y2oj2Y-JrQhgKafiBIg>
2. **Second**, look at their calendar, and join their events via Zoom. They have an easy to access link on their calendar. They have meditation, yoga, and crossfit almost every day.  
<https://thephoenix.org/virtual/?fbclid=IwAR3W1SDVebejCgJCMuTJExIHyhMOoHjRsDwOy0cquK9UlgzgUcihuaBU1fQ>

## Free Cross-Platform Video Games

Fortnite

<https://www.epicgames.com/fortnite/en-US/home>

PC, Mac, Mobile, PlayStation, Xbox, Switch

Dauntless

<https://playdauntless.com/>

PlayStation, Xbox, Switch, PC

Chess Time

<https://chesstimeapp.com/>

PC, Android, iPhone, iPad