



## Marlboro Alliance for the Prevention of Substance Abuse

We are a community that cares!

We are here to try and help you during this pandemic.

Below are some links and information that we hope you find helpful.  
If you need additional information please email the Alliance Office

[Drugalliance@marlboro-nj.gov](mailto:Drugalliance@marlboro-nj.gov)

**Al-Anon Electronic Meetings** - Electronic meetings, like all Al-Anon meetings, offer help and hope to anyone who is affected by alcoholism in a family member or friend. Electronic Al-Anon meetings agree to abide by the spirit of the Twelve Traditions. Each Al-Anon member is responsible for keeping the meeting focused on Al-Anon recovery and discussion of Al-Anon related topics. Al-Anon will always be what we—its members—make it. Confidentiality and anonymity varies from platform to platform. It is the responsibility of the Al-Anon member to understand how to maintain personal anonymity when participating in an online Al-Anon meeting.

<http://aa-intergroup.org/directory.php>      <https://al-anon.org/al-anon-meetings/electronic-meetings/>

### Speaker Tape Websites

<https://www.aaspeaker.com/>      <https://hacoaa.org/archives/speakers/>      <https://www.recoveryaudio.org/>

**Narcotics Anonymous Chat and Online NA Meetings**      <http://na-recovery.org>

**12 Step Program**- this website provides information, tools and resources about the program. There is a list of websites that have online meetings, telephone meetings or text chat that are targeted for recovery.

<https://12step.org/social/online-meetings/>

During these challenging times anxiety for many is extremely high. The link below is to the **NAMI (National Alliance on Mental Illness)** Resource Library. It provides an extensive list of online support group and other mental health resources.

<https://www.nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Importan/COVID-19-Updated-Guide-1.pdf?lang=en-US>

**MonmouthCares** is a non-profit Care Management Organization (CMO) in Monmouth County, NJ serving youth and families up to age 21. They are part of the NJ Children's System of Care that helps youth and families with emotional, behavioral, substance use, developmental, and intellectual disability, physical health needs. Their Health and Wellness Team also helps families to improve health care access and manage their medical challenges.

MonmouthCares' care management is funded through Medicaid and available to all youth and families that live in Monmouth County and meet the eligibility criteria of the New Jersey Children's System of Care.

<https://www.monmouthcares.org/>

**Anxiety and Depression Association of America** offers a COVID-19 Lockdown Guide <https://adaa.org>

Hackensack Meridian Health offers **Convenient Care NOW** mobile app. This app enables you to have a visit with a board-certified physician on your phone your tablet or your computer. There is no need to leave your home and risk further exposure. <https://hackensackmeridianhealth.org>