

PATIENTS: COVID-19 Updates & Resources in Denver and Surrounding Counties

04.02.2020

MENTAL HEALTH COVID-19 RELATED SUPPORT:

Scroll to bottom of document for list of mental health/substance use online support groups/organizations

COMMUNITY MH CENTERS: All in the Denver and surrounding counties have switched to tele-health visits and are still seeing/scheduling new patient visits virtually.

IOP/PHP: Most have transitioned to operating via tele-health or are in the process of transitioning. All are still accepting new patients and continuing operation.

CRISIS SERVICES: All crisis services are still operating and available in-person (walk-in locations) and via phone/text/chat <https://coloradocrisiservices.org>

FREE COVID-19 ONLINE GRIEF SUPPORT GROUPS (English & Spanish): <http://griefsupportonline.com>

PARENT SUPPORT GROUP CU Depression Center: <https://www.coloradodepressioncenter.org>

DISASTER DISTRESS HOTLINE: call 1-800-985-5990 or text "TalkWithUS" to 66746. 24/7 crisis counselors

FREE/DISCOUNTED PHONE APPS/PROGRAMS RELEASED CONTENT IN RESPONSE TO COVID-19: Apps for Mental Health & Wellness, Fitness, Learning and Entertainment <https://medium.com/psyberguide/list-of-resources-made-available-in-response-to-covid-19-epidemic-72a297aef747>

RESOURCES FOR NAVIGATING COVID-19 WITH A MENTAL HEALTH DISORDER:

Scroll to bottom of document for list of mental health/substance use online support groups/organizations

- Mental Health America (Extensive list): <https://mhanational.org/covid19>
- People with Disabilities, Families, and Providers: <https://thearc.org/covid/>
- Parents/Caregivers of Children using Substances: <https://drugfree.org/article/online-support-community-for-parents-caregivers/>
- Autism Spectrum Disorder (ASD) Toolkit: <https://www.autism-society.org/covid-19/>
- Tips for Family Caregivers: <https://caregiveraction.org/covid-19>
- Survivors of Violence: <https://www.futureswithoutviolence.org/get-updates-information-covid-19/>
- Child/Parent ADHD: <https://chadd.org/guidance-for-uncertain-times/>
- OCD and Related Disorders: <https://iocdf.org/covid19/>
- Eating Disorders: <https://www.nationaleatingdisorders.org/help-support/covid-19-resources-page>
- Grief Resources/Education/Information: <http://www.mygriefangels.org/home.html> | www.HealGrief.org

CRISIS HOTLINES

- **Colorado Crisis Services Hotline:** 1-844-493-8255 or Text line: text "TALK" to 38255
- **NAMI Crisis Text Line** is open 24/7 – text NAMI to 741741
- **National Suicide Prevention Lifeline:** 1-800-273-8255 (TALK)
- **The Trevor Project:** 1-866-488-7386 A support line for young people in crisis, Available 24/7
- **National Hopeline Network:** 1-800-442-4673 (HOPE) support from trained counselors to prevent suicide.
- **Lines for Life YouthLine:** 1-877-968-8491, Text teen2teen to 839863 free, confidential teen-to-teen crisis and help line, available to help daily from 4-10pm PT (adults are available by phone all other times)
- **Military Helpline:** 1-888-457-4838 confidential crisis intervention to military-specific issues. 24/7, 365 days
- **Trans Lifeline's Peer Support Hotline:** 1-877-565-8860 crisis peer support service run by trans people 24/7
- **National Domestic Violence Hotline:** 1-800-799-7233
- **Postpartum Depression Helpline:** 1.800.944.4PPD

HEALTHCARE/TELEHEALTH RESOURCES

Colorado's line for general questions about COVID-19, provides answers in many languages: 303-389-1687
Nurse-lines: are available to consult for more info about what to do next, help decide when to contact doctor or visit a health care facility, understand medications, or give more info about preventative care.

- **UCHealth COVID-19 line: 1-866-516-0424** For Colorado residents who have questions or concerns about COVID-19. Mon–Fri 7AM-7PM, Sat-Sun 8AM-5PM UCHealth patients should call their UCH PCP.
- **Children's Hospital ParentSmart Healthline: 720-777-0123** Serves the state of Colorado. Free health-line for any parent with a sick child, especially families without a primary care provider. If a child has a PCP, parents are encouraged to speak with their child's PCP before calling this health-line.
- **Clinica Colorado FREE Telehealth Appointments:** Book an appointment in English or Spanish: <https://clinicacolorado.org/> Serves populations in Adams County and surrounding areas with low cost, primary health care, *especially for those who are uninsured.*
- MDBox Fee-for-Service Telehealth Visits (usually \$30-50): <https://www.mdbox.com/coronavirus>
- Teladoc Fee-for-Service Telehealth Visits (usually \$30-50): <https://www.teladoc.com/how-it-works/>
- **More telehealth options found here:** <https://covid19.colorado.gov/telehealth-and-nurselines>
- **Not everyone with COVID-19 symptoms needs a test or will be able to be tested:** What to do and hotlines to call if you think you might need testing: <https://covid19.colorado.gov/testing>

Connect for Health Colorado Emergency Special Enrollment Opening: Opened an emergency Special Enrollment period from Friday, March 20 thru Friday, April 3, 2020. Coloradans who are currently uninsured or about to lose coverage due to COVID-19 are able to get health insurance that starts April 1, 2020. As always, Coloradans can sign up for a plan any time of the year if they experience other qualifying life change events, including loss of job-based coverage. <https://connectforhealthco.com/get-started/covid-19-support/>

Telehealth Costs for Patients: In Colorado, telehealth is covered by all insurance plans. Telehealth visits cost the same as an in-person visit for Medicaid and Medicare patients. Co-pays waived for COVID-19-related in-network telehealth services for private insurance. <https://covid19.colorado.gov/telehealth-and-nurselines>

LOW-INCOME TECHNOLOGY RESOURCES

EveryoneOn: Find low-cost internet and affordable computers in your area: www.everyoneon.org

PCs for People: Individuals and families that meet our eligibility requirements can receive a computer, computer repair, internet service and learning resources. www.pcsforpeople.org

Computers with Causes: offers free computers to families that meet their eligibility requirements. This organization offers tablets, computers, laptops, etc. <https://www.computerswithcauses.org>

On it Foundation: provides donated computers at-risk youth and families in need. Must be a K-12 student in a public school and be on the free or reduced lunch program. <http://theonitfoundation.org>

With Causes Network: offers reused and recycled computers for at-risk youth and families <https://www.withcauses.org>

PRESCRIPTIONS/MEDICATIONS

Due to COVID-19, Colorado's Medicaid updated prescription drug policy to authorize the following:

- **Prescription Refills, Early Refills,**
- **Emergency refills** (pharmacists may dispense one refill for non-controlled maintenance medications if unable to get a timely refill authorization from a prescriber. Medicaid can cover this fill),
- **Maintenance medications can be dispensed up to a maximum of 100-day supply for one co-pay.**
- <https://www.colorado.gov/pacific/sites/default/files/COVID-19%20Guidance%20for%20Prescribers%2003-20-2020.pdf>

Assistance with Medication Costs: <https://familywize.org> | www.needymeds.org | www.goodrx.com

FOOD ASSISTANCE:

Food Resource Hotline (855-855-4626), M – F (8 am – 4:30 pm) confidential and has bilingual staff ready to help Coloradans find food and nutrition resources in their community, as well as provide assistance for applying to federal nutrition programs such as SNAP.

Public School Grab-and-Go Meals: Most schools in the Denver and surrounding areas have implemented a grab-and-go meal system for children to receive 2-3 packed meals Monday-Friday. Most schools open for a short period of time each weekday to allow families to come pick up meals. Many locations have expanded to providing meals to adults in the family as well if they have enough funding. You can text FOOD or COMIDA to 877-877 and receive food distribution locations for kids 18 and under. Or visit CDE

webpage: <https://www.cde.state.co.us/nutrition/nutriemergencyfeeding>

Aurora Public Schools providing free grab-and-go meals for all (adults and students): Every weekday during specific times, people can get to-go meals for breakfast, lunch and dinner. Find food pick-up sites

here: <https://aurorak12.org/2020/03/16/aps-offers-free-breakfast-and-lunch-during-extended-break/>

Denver grab-and-go sites: <https://www.dpsk12.org/coronavirus/food-distribution/>

Food Bank of the Rockies Emergency Assistance: Food Bank of the Rockies has created an Emergency Support Team, prepared to assist people in need during the COVID-19 pandemic. They have an updated list of locations where individuals/families can pick up food and several organizations that provide emergency food

services: <https://www.foodbankrockies.org/emergency-assistance/>

Denver Inner City Parish Drive-through food bank: Care navigation, Diaper distribution, Basic needs packs, Food boxes for pickup or delivery, Mail pickup, by appointment and via non-contact safe hand-

off. <https://www.dicp.org/covid-19>

Arapahoe County: Grocery shopping and prescription pick-up assistance is available for seniors 60+ and those with disability. To learn about eligibility and sign up, call **303-738-8080** and leave a message.

Delivered Meals on Wheels: Visit Meals on Wheels <https://www.mealsonwheelsamerica.org/find-meals> to find options in your zip code

Delivered Meals Benefits in Action: Denver county deliver food boxes 720-221-8354

Commodity Supplemental Food Program: 303-866-5105 federally funded program that provides USDA foods to low-income seniors at least 60 years of age or older. The program works to improve the health of these low-income seniors by supplementing their diets with nutritious USDA

Foods. <https://www.fns.usda.gov/csfp/commodity-supplemental-food-program>

The Emergency Food Assistance Program: 303-866-5105 federally funded program that provides USDA foods to low-income households through a supplemental food box. The USDA foods are delivered to food banks across the state and then distributed to local food pantries and soup kitchens that distribute directly to the

people. <https://www.fns.usda.gov/tefap/emergency-food-assistance-program>

HOUSING/RENTAL/UTILITY ASSISTANCE:

Governor's Executive Order to Limit Evictions, Foreclosures, and Utilities Disconnections: Polis issued an executive order for the state of Colorado that limits evictions, foreclosures and utilities disconnections across the state. https://drive.google.com/file/d/1mMCRLb6PxMPI680_THFn4nqLGAty1jq9/view

Xcel Stops Disconnections to Service: During the COVID-19 pandemic, Xcel will not disconnect service to any residential customers until further notice. Individuals having difficulty paying bills are encouraged to contact Xcel's customer care center to arrange a payment plan that works for

them. https://www.xcelenergy.com/covid-19_response

Black Hills Energy Suspends Disconnections: temporarily suspending nonpayment disconnections for its customers and encourages those facing financial hardship to visit their website to see the various assistance options they offer. <https://www.blackhillsenergy.com/safety/response-covid-19-your-safety-our-top-priority>

Colorado Legal Services – Information about Benefits/Bills/Rent/Eviction for Low-Income Coloradoans in Response to COVID-19: <http://users.frii.com/cls/CLS%20client%20resources%20during%20COVID19.pdf>
Colorado Housing Connects Hotline: 1-844-926-6632 offers housing counseling and referrals to local service providers for financial assistance if necessary.

Salvation Army COVID-19 Rent/Utility Assistance: Provides utility, rent, mortgage payment assistance to families who are experiencing financial hardship due to job and income loss caused by the COVID-19 crisis <https://www.colorado.gov/pacific/cdhs/food-distribution-programs>

Emergency Assistance – Human Services: one-time emergency need to address issues of finance, health, safety and/or well-being.

- Arapahoe County: <https://www.arapahoegov.com/2099/Resources-and-Assistance>
- Douglas County: <https://www.douglas.co.us/community/financial-assistance/money-for-emergency-assistance-and-basic-living-needs/>
- Denver County: <https://www.denvergov.org/content/denvergov/en/denver-human-services/be-supported/additional-assistance.html>
- Adams County: <http://www.adcogov.org/coronavirus-community-resources>
- Jefferson County: <https://www.jeffco.us/4021/Emergency-Assistance-COVID-19>

Temporary Rental and Utility Assistance (TRUA): assist residents of the City & County of Denver who are facing a housing crisis or hardship due to circumstances beyond their control <https://www.nedenverhousing.org/programs-services/temporary-rental-utility-assistance-trua/>

Catholic Charities rent/mortgage, and utility (gas/electric) assistance: <https://ccdenver.org/emergency-assistance-denver/denver/>

Denver Inner City Parish: Energy assistance <https://www.dicp.org/covid-19>

Jewish Family Services Financial Assistance: offers assistance for renters at risk of homelessness: Current monthly rent, deposits, application fees, utilities and moving expenses. Mortgage payments not covered by this program, call 720-248-4716.

Guide to coronavirus mortgage relief options: <https://www.consumerfinance.gov/about-us/blog/guide-coronavirus-mortgage-relief-options/>

Comcast Free Internet Service: Offers new, low-income Internet Essentials customers two months of free internet. https://www.internetessentials.com/covid19#thingstoknow&all_AmleligibleforIE

Jefferson County Housing Authority rent assistance is serving all of Jefferson County. 720-854-4104.

CHILDCARE/FAMILY:

The Emergency Child Care Collaborative: <https://covidchildcarecolorado.com>

Recognizing the need for childcare for essential workers, Governor Polis called together a group of early childhood providers, advocacy groups, school districts and foundations to partner with Gary Community Investments and the Colorado Department of Human Services to establish a system of emergency childcare. The Emergency Child Care Collaborative began on March 23, supporting the families of health care providers, public safety personnel, and staff supporting critically at-risk populations.

Denver Public Schools offering remote resources for families (site can be read in English, Spanish, Arabic and Vietnamese): At-home activities, remote learning, family resources, food distribution information. <https://www.dpsk12.org>

Denver Inner City Parish: Applying for unemployment, Energy assistance, Care navigation, Diaper distribution, Basic needs packs, Food boxes for pickup or delivery, Mail pickup, by appointment and via non-contact safe hand-off. <https://www.dicp.org/covid-19>

FINANCIAL RELIEF/UNEMPLOYMENT/EMPLOYMENT:

Unemployment: File a claim: <https://www.colorado.gov/pacific/cdle/file-claim> . To find out if you're eligible or to calculate what your potential benefits: <https://www.colorado.gov/pacific/cdle/qualifying-benefits>

Denver Inner City Parish: Phone assistance applying for unemployment <https://www.dicp.org/covid-19>

The Work-Share Program: provides an alternative to laying off employees by allowing them to keep working, but with fewer hours. While an employee is working fewer hours, he or she may be eligible to collect part of his or her regular unemployment benefits.

<https://www.colorado.gov/pacific/cdle/node/23616>

Colorado Health Emergency Leave with Pay: Temporarily requires employers in certain industries to provide a small amount of paid sick leave to employees with flu-like symptoms who are being tested for coronavirus COVID-19 or employees who are under instructions from a health care provider to quarantine or isolate due to a risk of having COVID-19: <https://www.colorado.gov/pacific/cdle/colorado-health-emergency-leave-pay-colorado-help-rules>

COVID-19 Ancillary Fund: \$250 assistance with costs associated with delivered food, medication, diagnostics, transportation and telehealth as a result of COVID-19 risk or incidence: <https://www.healthwellfoundation.org/fund/covid-19-fund/>

One Fair Wage – Emergency Coronavirus Tipped and Service Worker Support Fund: Offers financial assistance to restaurant workers, delivery drivers, and other tipped workers and service workers who are seeing their income decline during this disaster or aren't able to work because of quarantines or other health concerns. <https://ofwemergencyfund.org>

Restaurant Employee Relief Fund: \$500 grants to restaurant industry employees who have been adversely impacted by COVID-19, financially, whether through a decrease in wages or loss of employment <https://rerf.us/apply-for-aid/>

Colorado Restaurant Foundation COVID-19 Angel Relief Fund Grant: Financial support for restaurant and hospitality workers <https://corerestaurant.org/foundation/angel-relief-fund>

Golden Rule Charity COVID-19 Hospitality Grant: providing timely relief to hospitality companies and employees in need <https://www.goldenrulecharity.org>

Children of Restaurant Employees Financial Support: to food & beverage service employees with children, who have been medically diagnosed with COVID-19 or have someone living within their home who have been diagnosed. <https://coregives.typeform.com/to/SnZmOQ>

Bartender Emergency Assistance Program: Offers assistance to bartenders and family members of bartenders who are facing financial hardship due to the COVID-19 outbreak. <https://www.usbgfoundation.org/beap>

Workforce Centers: Employers experiencing a reduction in workforce are eligible for support services including consultation on layoff aversion strategies, onsite workshops for employees in transition, job placement assistance, and information on unemployment benefits. <https://www.colorado.gov/pacific/cdle/layoff-separations>

Unemployment Guide: <https://www.colorado.gov/cdle/node/41376>

Social Security Information regarding covid-19: <https://www.ssa.gov/coronavirus/>

Finding new employment: <https://www.connectingcolorado.com>

Information on Upcoming Stimulus Payment: <https://www.irs.gov/newsroom/economic-impact-payments-what-you-need-to-know>

FINANCIAL RESOURCES FOR BUSINESSES:

- **Colorado COVID Relief Fund:** eligible community-based organizations across Colorado may receive a general operating grant of up to \$25,000. <https://covrn.com/covid-relief-fund/>
- **Small Business Administration (SBA):** Several programs put into place to provide support during covid-19 pandemic - Economic Injury Disaster Loans and Loan Advance, Paycheck protection program, Debt relief program (SBA will pay the principal and interest of new and current 7(a) loans issued prior to 9/27/2020, for a period of 6 months), Express bridge loans, Access to capita, Exporting Assistance, etc. <https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources#section-header-2>

- **Rural Development Covid-19 Response:** Loan/Grant programs, financial aid, payment deferrals, etc., for small rural businesses in Colorado. <https://rd.usda.gov/coronavirus>

SENIOR RESOURCES:

The DRCOG Aging and Disability Resources Center for Colorado (ADRC): 303-480-6700 is the place where older adults (60+) and people with disabilities (18+) can get help accessing long-term services and supports to remain independent in the community <https://drcog.org/programs/area-agency-aging>

Senior-Only Shopping: To help protect our most vulnerable residents, the following Colorado retailers have announced special hours for seniors to use their stores. Please call to confirm.

Safeway: Tuesday and Thursday, 7AM-9AM | **Target:** First hour every Wednesday | **King Soopers:** Monday, Wednesday, Friday, 7AM-8AM | **Dollar General:** First hour every day | **Whole Foods:** One hour before opening every day | **Walmart:** Opens one hour early on Tuesdays.

Arapahoe County: Grocery shopping and prescription pick-up assistance is available for seniors 60+ and those with disability. To learn about eligibility and sign up, call **303-738-8080** and leave a message. A staff person will return your call as soon as possible. Other senior services, such as transportation, adult protection, and veterans assistance are also available. <https://www.arapahoegov.com/347/Senior-Resources>

Denver County: All older Coloradans seeking assistance getting nutritious food can call the Aging and Disability Resources for Colorado Office at 1.844.COL.ADRC (1.844.265.2372)

Jefferson County/Conifer/Evergreen areas: Mountain Resource Center offers drive-through food bank <https://www.mrcco.org>

Delivered Meals: Visit Meals on Wheels <https://www.mealsonwheelsamerica.org/find-meals> to find options in your zip code

TRANSPORTATION:

Updates on all transportation services affected by Covid-19: <https://www.drmac-co.org/transportation-update-spreadsheet/>

LEGAL:

Colorado Legal Services – Information about Benefits/Bills/Rent for Low-Income Coloradoans in Response to COVID-19: <http://users.frii.com/cls/CLS%20client%20resources%20during%20COVID19.pdf>

Colorado Advanced Directives: <http://www.coloroadvancedirectives.com>

MENTAL HEALTH AND SUBSTANCE USE ONLINE SUPPORT GROUPS

General Mental Health

- **National Alliance on Mental Illness (NAMI):** A family support and advocacy organization www.nami.org
- **Emotions Anonymous:** Modeled after the Alcoholics Anonymous 12-step program, Emotions Anonymous is open to any individual dealing with emotional difficulties. <http://emotionsanonymous.org/>
- **Anxiety and Depression Association of America** <https://healthunlocked.com/anxiety-depression-support/about>
- **Depression and Bipolar Support Alliance (DBSA) online,** guides families raising children with mood disorders to the answers, support and stability they seek <http://community.dbsalliance.org/welcome.htm>

Grief/Loss

- **Free COVID-19 Grief Support Groups (English & Spanish):** <http://griefsupportonline.com>
- **My Grief Angels:** Several grief groups depending on type of loss <http://www.mygriefangels.org/home.html>
- www.HealGrief.org : Extensive array of grief education/support/resources

- **Grief in Common:** <https://www.griefincommon.com>
- **E-Mail Grief Support Groups:** <http://griefnet.org>
- **GriefShare:** <https://www.griefshare.org/groups/search> Grief/Loss meetings now online
- **Compassionate Friends Loss of Child Grief support:** <https://www.compassionatefriends.org/find-support/online-communities/online-support/>

Substance Use

- **Online Support Community for Parents & Caregivers:** Families are facing unprecedented challenges due to circumstances surrounding COVID-19. In response, we invite you to join our free online support community for parents and caregivers who may have children experimenting with, or dependent on, substances. <https://drugfree.org/article/online-support-community-for-parents-caregivers/>
- **Dual Recovery Anonymous:** Support for those who have both a mental health and alcohol/substance abuse condition <http://www.draonline.org/meetings.html>
- **Dual Diagnosis of Oregon, Inc.:** Although based in Oregon, offer support to those in other areas who wish to establish groups to help those who have both a mental health and alcohol/substance abuse condition) <https://ddainc.org/events/highlighted-meetings-events/>
- **12-Step Online:** (Al-Anon and other variations are offered): <https://www.12step-online.com>
- **Al-Anon phone meeting:** <https://al-anon.org/al-anon-meetings/electronic-meetings/>
- **Allies in Recovery** FREE MEMBERSHIP for duration of the COVID-19 crisis <https://alliesinrecovery.net>
- **Families Anonymous** <https://www.familiesanonymous.org/meetings/virtual-meetings/>
- **Herren Project Online Support Groups:** Herren Project is a nonprofit organization focused on treatment, recovery and prevention of substance use disorder <https://herrenproject.org/online-support-groups/>
- **In the Rooms:** free online recovery tool that offers 130 weekly online meetings for those recovering from addiction and related issues. <https://www.intherooms.com/home/category/community-and-meetings/>
- **Parents of Addicted Loved Ones (PAL)** <https://palgroup.org/find-a-meeting/pal-telephone-meetings/>
- **Recovery Dharma** (co-dependency groups) Together we meditate, study Buddhist teachings, and support each other on our paths to sobriety and peace <https://recoverydharma.online/>
- **SMART Recovery for Family & Friends:** support meetings for anyone seeking science-based, self-empowered addiction recovery <https://www.smartrecovery.org/community/calendar.php/>
- **The Support Group Project:** connecting families overcoming addiction <https://supportgroupproject.org/>
- **Recovery International:** <https://recoveryinternational.org/meetings/#Online>
- **Narcotics Anonymous:** <http://www.na.org/meetingsearch/>
- **Sex-Anon International Family Groups** <https://sanon.org/find-a-meeting/>
- **Sex Addicts Anonymous** <https://saa-recovery.org/meetings/>
- **Gamblers Anonymous:** <http://www.gamblersanonymous.org/mtgdirTOP.html>
- **Debtors Anonymous:** <https://debtorsanonymous.org/meetings/?tsml-day=any&first-call=1>

Trauma

- **Gift from Within:** Trauma/PTSD support <https://www.giftfromwithin.org/html/groups.html>
- **International Society for the Study of Trauma and Dissociation:** <https://www.isst-d.org>
- **Male Survivor:** for men who have been sexually abused <https://malesurvivor.org/healing-resources/>
- **Sidran Institute:** Extensive information and resources on ptsd, dissociative disorder, trauma, and self injury; e-mail or call 1-888-825-8249 to request support group information <http://www.sidran.org/>
- **Survivors of Incest Anonymous:** <https://siawso.org/fellowship/groups-meetings/meeting-and-group-directory/>

Caregivers

- **Family Caregiver Alliance:** <https://www.caregiver.org/caregiver-connect>
- **Alzheimer's Association:** <https://www.alzconnected.org>
- **Well Spouse Association Support** for spousal caregivers <http://www.wellspouse.org/>

- **The ARC:** <https://thearcofaurora.org/individual-advocacy/>

Other

- **Depression and Bipolar Support Alliance:** <https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/>
- **Attention Deficit Disorder (ADD/ADHD) Association** <https://add.org/adda-virtual-programs/>
- **National Eating Disorders Association:** <https://www.nationaleatingdisorders.org>
- **Overeaters Anonymous** <http://www.oa.org/>
- **International Obsessive Compulsive Disorder (OCD) Foundation** <https://iocdf.org/ocd-finding-help/supportgroups/online-and-phone-ocd-support-groups/>
- **Postpartum Support International** <https://www.postpartum.net/get-help/psi-online-support-meetings/>
- **Co-Dependents Anonymous** <https://coda.org/find-a-meeting/online-meetings/>