

Online Support Resources for WVU CRP Students

Recovery

- Virtual Serenity Place offers peer support, recovery meetings, tutoring, meditation, and more at: <https://zoom.us/j/930904470> (M-F, 8am-8pm)
- In The Rooms: <https://www.intherooms.com/home/> (online recovery meetings)
- Online AA meetings: <http://aa-intergroup.org/directory.php>
- Online NA meetings: <https://www.na.org/meetingsearch/text-results.php?country=Web&state&city&zip&street&within=5&day=0&lang&orderby=distance>
- Al-Anon online meetings: https://al-anon.org/al-anon-meetings/electronic-meetings/?utm_source=facebook&utm_medium=social&utm_campaign=corona-virus-2020&fbclid=IwAR1IYeUpjyLwQLSnt3PRUledUuniMAMA8IJK6Qnh88p-sYqHbZBuWVGE5dw
- The Phoenix sober active community is offering free virtual yoga, meditation, and Cross-Fit classes for people in recovery: <https://thephoenix.org/>
- Recovery Link provides free online peer support, recovery meetings, Cross-Fit, and yoga classes: <https://myrecoverylink.com/>
- Online Yoga 12-step Recovery meetings can be found at: <https://y12sr.com/meetings/find-a-meeting-by-state/#toggle-id-1>

Academic

- WVU Collegiate Recovery offers online English/writing tutoring from 10am to noon every day on the virtual Serenity Place: <https://zoom.us/j/930904470>
- WVU is offering a comprehensive network of online support and resources (including tutoring, tips for success, support services, and more), which can be found at: <https://onlinestudents.wvu.edu/>
- WVU Office of Student Success is offering tutoring and success coaching: <https://students.wvu.edu/study-this/2020/03/23/wvu-office-of-student-success-to-offer-online-support-for-tutoring-and-success-coaching>

Psychological

- If you are experiencing a psychological emergency during operational hours (8:15 a.m. – 3 p.m.), call 304-293-4431 and ask to speak to a Carruth Center Clinician. Emergency after-hours services (304-293-4431, x1) will be available as well as our [Crisis Text Line](#) (text WVU to 741741).
- You can also connect with a counselor 24/7 from Morneau Shepell's Student Support Program. Services are 100% confidential and free of cost. Get access to support by: Downloading the free My SSP App! (available from the App Store or Google Play). Calling 1-866-743-7732 from North America. Calling from outside North America, dial 001-416-380-6578. Visiting us.myissp.com and selecting West Virginia University.

Mindfulness

- WVU Collegiate Recovery offers a free meditation M-Th at 1pm and Refuge Recovery on Fri. at 130pm at: <https://zoom.us/j/930904470>
- WVU Collegiate Recovery will be offering a free online Yoga class on April 7th at 6pm: <https://zoom.us/j/930904470>
- WVU School of Public Health offers free guided meditations at <http://publichealth.wvu.edu/wvu-mindfulness/>
- The WVU Medicine Wellness Center is opening up their online mediation sessions to all WVU students and employees: <https://wvumedicine.org/wellness/classes/virtual-meditation/>
- The Phoenix sober active community is offering free virtual yoga, meditation, and Cross-Fit classes for people in recovery: <https://thephoenix.org/>
- Online Yoga 12-step Recovery meetings can be found at: <https://y12sr.com/meetings/find-a-meeting-by-state/#toggle-id-1>

Nutrition/Food Security

- Nutrition counseling is available with Dining Services Dietitian Cami Haught: <https://diningervices.wvu.edu/nutrition/counseling>
- WVU extension services offers a wide range of support resources and information related to food and health at <https://extension.wvu.edu/food-health>

- Well WVU offers a wealth of information on nutrition at <https://well.wvu.edu/resources/nutrition>
- Free perishable and non-perishable food items for WVU students <https://studentengagement.wvu.edu/the-rack-student-food-pantry>

Fitness

- In collaboration with WVU Campus Rec, LesMills is offering over 100 free online fitness classes at <https://watch.lesmillsdemand.com/at-home-workouts/season:1>
- The Phoenix sober active community is offering free virtual yoga, meditation, and Cross-Fit classes for people in recovery: <https://thephoenix.org/>
- Well WVU offers information on fitness at <https://well.wvu.edu/resources/fitness>

Financial

- WVU provides a wide variety of financial information and support resources at <https://mountaineerhub.wvu.edu/>
- WVU Peer Educators is a program that provides trained peer support specialists for WVU students regarding financial issues: <https://mountaineerhub.wvu.edu/peer-educators>
- The Addiction Studies Minor at WVU is offering students multiple opportunities for scholarships: <https://counseling.wvu.edu/addiction-studies-minor/scholarships>

****FOR MORE INFORMATION****

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Website: recovery.wvu.edu

Facebook: WVU Collegiate Recovery

Instagram & Twitter: [recovery_wvu](#)