

AA ONLINE SUPPORT

Online support can be found at

<https://www.alcoholics-anonymous.org.uk/> including a live webchat or <mailto:help@aamail.org>

24hr phonenumber is **0800 9177650**

Online meetings can be found at <https://www.onlinegroupaa.org/>

These AA meetings online are active 24/7, 365. Meetings online use a Discussion Forum / Message Board.

Online Registration and Sign in is required for admittance to AA Meetings Discussion Forum. To apply for membership, Register to get approved by admin to join online meetings.

Skype and conference call style meetings can be found at <https://www.aonlinemeeting.net/> and there is a schedule of times and topics.

NA ONLINE SUPPORT

Online support can be found at <https://ukna.org/> or telephone **0300 999 1212** 10am - midnight

There is a daily online UK meeting at **7:30pm** accessible from the above website.

Many other worldwide meetings with different times can be found at <https://virtual-na.org/>