

## Telehealth Support Networks

During these uncertain times and the potential spread of COVID-19 there is a growing need for support to those with substance use disorders and or mental health needs which does not require face to face contact. The World Health Organization ([WHO](#)) defines “telehealth” as *the use of telecommunications and virtual technology to deliver health care outside of traditional health-care facilities. Telehealth, which requires access only to telecommunications, is the most basic element of “eHealth,” which uses a wider range of information and communication technologies (ICTs).* The following is a list of support networks for individuals under supervision that they can access from home.

**Women for Sobriety** is an organization that provides online and phone support to all expressions of female identity to participate in their peer-support resources at:

<https://womenforsobriety.org/community/#supportTab-2>

**Self-Management and Recovery Training (SMART Recovery)** is a global community of mutual support groups to help those in recovery at: <https://www.smartrecovery.org/>

**Narcotics Anonymous By Phone** began in 2008 as outreach to those who could not attend a meeting. Teleconference meetings and Cyber Phone Recovery contact information available at: <http://www.nabyphone.com/>

**Alcoholics Anonymous Phone Meetings** are available at: <http://aaphonemeetings.org/> and **Alcoholics Anonymous Online Intergroup** offers additional online resources at: <http://aa-intergroup.org/>

**National Suicide Prevention Lifeline** is available 24 hours a day, 7 days a week at 1-800-273-8255. For more information, go to <https://suicidepreventionlifeline.org/>

**SAMHSA - Substance Abuse and Mental Health Services Administration** National Helpline (treatment locator): 1-800-662-HELP (4357) and Disaster Distress Helpline at: <https://www.samhsa.gov/find-help/disaster-distress-helpline>

**Charter Communications** is offering free internet for 60 days to households with K-12 and college students who do not have access to internet. <https://corporate.charter.com/newsroom/charter-to-offer-free-access-to-spectrum-broadband-and-wifi-for-60-days-for-new-K12-and-college-student-households-and-more>

For additional information and COVID-19 guidance on treatment and testing please review the [Coronavirus \(COVID-19\) Guidance: Probation and Pretrial Services FAQs](#) located on the JNet.

If you have questions or need additional information, please contact Probation Administrator Chris Mangione at (202) 502-3512 or via email at [christopher\\_mangione@ao.uscourts.gov](mailto:christopher_mangione@ao.uscourts.gov) or Treatment Services TDY Lisa Jicha at (808) 541-1315 or via email at [lisa\\_jicha@hip.uscourts.gov](mailto:lisa_jicha@hip.uscourts.gov).