

## AA & NA Meeting Finders

A practical Red Bird guide to finding current in-person, Zoom/video, phone, and chat-based recovery meetings without wasting time on stale lists.

**Use live meeting finders first.** Static printed meeting times go stale quickly. Before traveling, check the website/app the same day or call the local hotline when possible. For medical danger, overdose risk, withdrawal danger, or thoughts of self-harm, use emergency help first: 911, 988, or SAMHSA at 1-800-662-HELP (4357).

### Best search order when someone needs a meeting now

| Need                             | Fastest practical path   |
|----------------------------------|--|
| A local physical AA meeting      | Use the official Meeting Guide app first. For Charleston/Berkeley/Dorchester, also use TCIO or call the 24-hour AA hotline.                                  |
| A local physical NA meeting      | Use the NA Meeting Search app, USA-NA, or the Carolina Region / Port City NA page. Call the local NA phonenumber if the listing looks unclear.               |
| A Zoom/video AA meeting          | Use Online Intergroup of AA or the Online tab in the Meeting Guide app. Choose a meeting starting soon in your time zone.                                    |
| A Zoom/video or phone NA meeting | Use Virtual-NA.org, NA Meeting Search, or N.A. N.A. 24/7 for a meeting that is already running or starts soon.   |
| Too anxious for camera/voice     | Try listen-only Zoom, phone meetings, AChat, NAChat, or an online group/forum-style AA resource. Do not force a person into a format that makes them vanish. |

### AA - Alcoholics Anonymous meeting finders

#### Official AA Meeting Guide app

Best first choice for local in-person and online AA meetings. The app is free, on iOS and Android, and uses information supplied by AA service entities. AA notes that local entities control their own listings.

[www.aa.org/meeting-guide-app](http://www.aa.org/meeting-guide-app)

Use location search, filters, and the Online tab when available.

#### Online Intergroup of AA

Strong source for online AA groups, including video/Zoom, phone, email, and other online formats. Best when transportation is impossible or someone needs a meeting at odd hours.

[aa-intergroup.org/meetings/](http://aa-intergroup.org/meetings/)

Times may be worldwide. Check time zone before joining.

### AA Near You / local AA offices

AA.org does not function as one giant meeting finder. It directs people to local AA offices and service entities, which are often the most current source for local schedules.

[www.aa.org/find-aa](http://www.aa.org/find-aa)

Good backup if an app listing looks wrong.

### South Carolina AA Area 62

Statewide South Carolina AA meeting lookup and Area 62 information. Useful outside the Charleston tri-county area or when looking by city, ZIP, district, day, or time.

[www.area62.org/lookup.php](http://www.area62.org/lookup.php)

Use with Meeting Guide for cross-checking.

### Tri-County Intergroup Office (TCIO)

Local AA meeting schedule for Berkeley, Charleston, and Dorchester counties. TCIO also lists a 24-hour AA hotline for the Charleston area.

[tcio.org/meetings](http://tcio.org/meetings)

24-hour AA hotline listed by TCIO: 843-723-9633.

### AA Home Group - 24/7 online AA

A 24/7 online AA meeting option. Good as a backup when someone needs a meeting immediately and cannot wait for the next local start time.

[www.aahomegroup.org/](http://www.aahomegroup.org/)

Verify format and access instructions on the site.

## NA - Narcotics Anonymous meeting finders

### Official NA Meeting Search app

Best first choice for locating in-person or virtual NA meetings. The app includes links to service bodies that list nearby meetings and virtual meetings by day and time.

[play.google.com/store/apps/details?id=org.na.naapp](https://play.google.com/store/apps/details?id=org.na.naapp)

Also available on iPhone through the App Store.

### USA-NA Find NA Near You

Searches for NA meetings and local NA services by location or city/state. Good national starting point when someone is traveling or displaced.

[usa-na.org/find-na/](http://usa-na.org/find-na/)

Allow location access or search manually.

### Carolina Region of NA

Regional NA source for North Carolina and South Carolina meeting and service information. Use this to reach local area meeting schedules.

[www.crna.org/](http://www.crna.org/)

Good official regional backup.

### Port City Area NA - Charleston area

Local NA meeting schedule serving Charleston, James Island, Moncks Corner, Mt. Pleasant, North Charleston, Summerville, St. Stephen, and surrounding areas.

[www.crna.org/meetings-by-area-service-committees/port-city-area-meeting-schedule/](http://www.crna.org/meetings-by-area-service-committees/port-city-area-meeting-schedule/)

Local area phonenumber listed: 843-852-3001.

## Virtual NA

NA meetings online and by phone for people who cannot attend local face-to-face meetings. Listings are sorted by language and day; times display based on the device time zone.

[virtual-na.org/meetings/](https://virtual-na.org/meetings/)

Good for Zoom and phone meetings.

## N.A. N.A. 24/7 Marathon Meeting

A 24-hour online NA meeting option. Useful when someone needs immediate connection, especially late at night or while waiting for another meeting to start.

[www.nana247.org/](https://www.nana247.org/)

Check the daily schedule and access instructions.

## Chat, phone, and low-pressure options

| Resource        | Best for  | Link / note   |
|-----------------|---|---|
| AACHat          | 24/7 AA-style chat support for people who want to stop drinking and may not be ready for camera or voice.                           | <a href="https://aachats.org/">aachats.org/</a>   |
| NACHat          | Peer-to-peer online chat support for people in recovery from drug addiction. Good when a person needs text-based connection.        | <a href="https://nachat.net/">nachat.net/</a>   |
| AA Online       | Online AA group format for people who want AA support through an online room.   | <a href="https://aaonline.org/">aaonline.org/</a>   |
| Online Group AA | Forum/message-board style AA option. Good for people who need asynchronous support, but check the site status before relying on it. | <a href="https://www.onlinegroupaa.org/">www.onlinegroupaa.org/</a>                             |
| In The Rooms    | Large online recovery community with live online meetings and an app. Not AA/NA official, but can be useful for extra connection.   | <a href="https://www.intherooms.com/livemeetings/list">www.intherooms.com/livemeetings/list</a> |

**Gentle note:** Some people need to start by listening, typing, or keeping the camera off. That still counts as reaching for recovery. The goal is connection, not performance.

## Apps worth installing before crisis hits

| App               | What it helps with   | Where to get it  |
|-------------------|--|--|
| AA Meeting Guide  | Local AA meetings, online meeting view, location-based search, filters.                          | <a href="https://www.aa.org/meeting-guide-app">www.aa.org/meeting-guide-app</a>  |
| NA Meeting Search | In-person and virtual NA meetings, daily readings, clean-time calculator, links to NA resources. | Search "NA Meeting Search" by NA World Services in the App Store or Google Play. |
| In The Rooms      | Extra online recovery meetings and community support when AA/NA-specific options are not enough. | Search "In The Rooms" in app stores or use the live meeting website.             |
| Zoom              | Needed for many online AA and NA meetings.   | Install before the meeting so panic does not hit at start time.                  |

## How to avoid dead links and wasted trips

- **Use same-day verification.** Meeting days, rooms, passwords, and formats change. Check the website or app the same day.
- **Prefer official or service-body sources first.** AA Meeting Guide, AA Intergroup/Area sites, NA World Services, USA-NA, and NA regional/area sites are usually better than old scraped directories.
- **Call the local hotline/phoneline if traveling.** A live person may know if a meeting changed rooms, closed, or moved online.
- **Watch time zones.** Online meetings may be worldwide. Virtual NA says its meeting times display based on the local device time, but always double-check.
- **Have a backup meeting ready.** Pick two options before leaving or logging on, especially at night.
- **For court/proof attendance, verify first.** Not every online meeting provides attendance verification. In The Rooms has attendance verification instructions, but requirements vary by agency.

## What to search when someone is overwhelmed

| Situation                         | Search phrase   |
|-----------------------------------|---|
| Needs a meeting in person tonight | "AA meetings near me tonight" or "NA meetings near me tonight" in the official app first.   |
| No transportation                 | "online AA meeting now," "virtual NA meeting now," "AA phone meeting," or "NA phone meeting."   |
| Too anxious to speak              | "AA chat," "NA chat," "listen-only AA Zoom," "online AA camera off."  |
| Charleston tri-county AA          | "TCIO AA meetings" or use Meeting Guide and search Charleston, North Charleston, Summerville, Goose Creek, Mt. Pleasant, Moncks Corner. |
| Charleston tri-county NA          | "Port City Area NA meeting schedule" or use NA Meeting Search and search the local city/ZIP.  |

## Tiny script for helpers

"I am helping someone find a recovery meeting they can actually attend today. Do you have an in-person, Zoom, phone, or chat option that is active right now or later today? Is the meeting open to newcomers? Has the location, link, password, or time changed?"

## Crisis and treatment help, separate from meetings

| Resource                      | Use for  | Contact  |
|-------------------------------|--|--|
| 911 / ER                      | Overdose, seizure, hallucinations, confusion, chest pain, severe withdrawal, repeated vomiting, pregnancy with unsafe withdrawal, or immediate danger. | Call 911 or go to the ER.                          |
| 988 Suicide & Crisis Lifeline | Suicidal thoughts, emotional crisis, substance-use crisis, or someone who may not stay safe.   | Call or text 988, or chat through 988lifeline.org. |

| Resource                 | Use for   | Contact   |
|--------------------------|---|---|
| SAMHSA National Helpline | Free 24/7 treatment referral and information for mental health, drug, and alcohol issues. | 1-800-662-HELP (4357) / <a href="https://www.samhsa.gov/find-help/helplines/national-helpline">samhsa.gov/find-help/helplines/national-helpline</a> |

## Quick link directory

| Need                     | Best link to start   |
|--------------------------|--|
| AA physical / local      | <a href="#">AA Meeting Guide app</a> or <a href="#">Find AA Near You</a> |
| AA online / Zoom / phone | <a href="#">Online Intergroup of AA</a>                                  |
| AA chat / text           | <a href="#">AAChat</a> or <a href="#">AA Online</a>                      |
| NA physical / local      | <a href="#">USA-NA Find NA</a> or <a href="#">Carolina Region NA</a>     |
| NA Charleston area       | <a href="#">Port City Area NA</a>  |
| NA online / Zoom / phone | <a href="#">Virtual NA</a> or <a href="#">N.A. N.A. 24/7</a>             |
| NA chat / text           | <a href="#">NAChat</a>   |

## Source notes checked for this guide

- Alcoholics Anonymous: Meeting Guide app, Find AA Near You, Online Intergroup of AA, South Carolina Area 62, and TCIO pages.
- Narcotics Anonymous: NA Meeting Search app listing, USA-NA, Carolina Region of NA, Port City Area NA, Virtual NA, and N.A. N.A. 24/7 pages.
- Chat and broader online recovery resources: AACHat, NACHat, AA Online, Online Group AA, and In The Rooms.
- Emergency/treatment information: 988 Lifeline and SAMHSA National Helpline pages.

Prepared as a Red Bird resource guide. Meeting links and formats can change quickly. Check before sending anyone, especially if they have no gas money, no phone battery, high anxiety, or a high relapse risk.