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SROL – SMART Recovery Online Community

 [smartrecovery.org/smart-recovery-toolbox/smart-recovery-online](https://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online)

SMART Recovery Online (SROL) is a warm and caring online community where our participants interact and help one another recover from addictive behaviors. Features include: daily online meetings, message board, and 24/7 live chat.

Found online at <https://www.smartrecovery.org/community>* you can use this resource for help and addiction recovery support whenever you need it, 24/7/365 days a year.

*** Registration is required to access the SMART Recovery Online message board, chat room, and online meetings.**

Message Board

The message board is an extensive resource available to our online members. When first starting out at [SMART Recovery Online](#), we invite you to make a post introducing yourself in the Welcome Area.

The main parts of the message board are *Discussions* and *Tools and Resources*. The *Classic Posts* section is an archive of some favorite posts from the past. Many people initially get involved by joining one (or more) of the daily check-in groups that are available.

There are also forums on the message board for specific substances and addictive behaviors (e.g. *Opiates, Quit Smoking, Eating Disorders, Self-Harm*, etc.) as well as for specific situations (e.g. *Family & Friends, Dealing With Grief While Recovering From Addictions, Recovering to Parenthood*, etc.).

Chat Room

The chat room is open 24 hours a day, 7 days a week, and 365 days a year.

Because there are online members from all over the world, there is usually always someone in the chat room. Upon entering, you may find a casual or joking environment, but if you have an issue or want information about something, just let the room know. Recovery comes first and the focus of the discussion will shift to try to help you with your issue(s).

Online Meetings

SROL hosts a number of online meetings each day. The [Online Meeting Schedule](#) can be found at the top of each webpage on the community site. While you are more than welcome at any of the online meetings available, please check the schedule carefully as there are different types of meetings available and some may be more suitable for your needs than others.

Our online meetings are 90 minutes long and run by trained volunteer Facilitators.. Refer to the Meeting Schedule for specific dates, times, and other meeting details.

Online Library

The [SMART Recovery Online Toolbox](#), containing select SMART Recovery tools, is an excellent place to look for SMART Recovery concepts and tools, which are the foundation of SMART Recovery. **TIP:** Many who come to SMART Recovery start out by printing out and completing the [Cost-Benefit Analysis \(CBA\) Worksheet](#).

[SMART Recovery podcasts](#) and [YouTube videos](#) are also available for viewing and listening.

The [SMART Recovery blog](#), is updated frequently with new articles and posts on topics you may find helpful.