

Suggested headings/sections (in no particular order)

Who?

The Highlands & Islands Groups of Narcotics Anonymous, who meet online, were originally started in November of 2011 to support rural and isolated addicts and NA members in the Highlands and Islands of Scotland.

Since that time we have grown to meet several times a week and regularly attract participation from addicts globally.

We welcome any addict from anywhere in the world who wants to attend an NA meeting and is unable, through geography, disability, additional needs or for any other reason, to attend Face to Face NA meetings.

What?

The Highlands and Islands groups are a mix of Open and Closed meetings of Narcotics Anonymous who meet online on a weekly basis as indicated on our [Meetings List](#).

Open: Denotes that all are welcome to attend the meeting but sharing is restricted to only those who identify as addicts.

Closed: Denotes that the meeting is only for those who identify as addicts.

*[*And or: To see what that means please go HERE?*](#)*

All our groups are autonomous and meet using a wide variety of formats. Those formats include Speaker/Share meetings, Step study discussion, Just For Today topic discussion, Living Clean the Journey Continues topic discussion, Ask it Basket topic discussion, In Times of Illness, Women's and LGBT groups.

Many of our Groups support the signing of attendance verification slips so please ask the members doing service at the individual meetings for details on how to do this.

How?

Our Groups meet using Bluejeans which can be accessed via PC, Mac, Android, iPhone or landline.

To find the appropriate Bluejeans App for your device please go [HERE](#) which opens the Bluejeans Download page in a new tab.

You do not need to sign up to a Bluejeans account to participate in any of our groups, simply join as a guest by following the links on our [Meetings List](#)

If you do not have an internet connection or your connection is very poor or down, you can also join our meetings by phone. Details of how to do this can be found [HERE](#)

To see more details of how our Groups function please go [HERE](#)

[For Professionals](#)