***What is Narcotics Anonymous?***

*NA is a non-profit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work.(NA Basic Text Ch.2 pg.9)*

The Highlands & Islands group of Narcotics Anonymous are a collection of online meetings of Narcotics Anonymous gathered into an Area to support each other and who are based out of the UK and the US. We currently meet regularly ten times a week at various times throughout each day. The majority of the Highlands & Islands meetings use audio only via the Bluejeans app with the exception of the two who provide interpretive signing in ASL for those with hearing impairments of varying degrees from slight to total loss and who meet via Zoom

The primary purpose of all the meetings within the Highlands & Islands Group is to provide an opportunity for addicts seeking recovery from active addiction to experience, for themselves, the Narcotics Anonymous message of recovery and who, for any number of reasons, may be unable to access or attend physical Narcotics Anonymous meetings.

Those reasons might include, but are not exclusive to, geographical isolation due to their rural location or more simply a lack of Narcotics Anonymous meetings locally, poor physical health, disability or any other additional needs. Other reasons might include them being single parents or carers unable to access their local meeting due to the time constraints of their family or work commitments. In some circumstances addicts seeking recovery are unable or unwilling to attend local Narcotics Anonymous meeting for reasons of needing to protect their personal anonymity. Many of our members simply prefer them to physical face to face meetings.

If you believe that those addicts with whom you come into contact with in your own services efforts may benefit from attending these meetings then please contact us for more information by email at asc@higna.org.uk or pass that email onto them for our attention.

Below is a short list of useful web links and information about online meetings of Narcotics Anonymous:
 [www.higna.org.uk/about-us/](http://www.higna.org.uk/about-us/): This is the main page containing information about and direct links to the Highlands & Islands meetings.
 [www.virtual-na.org](http://www.virtual-na.org): This is a directory of Virtual Narcotics Anonymous meetings around the word who meet online and by phone in seven languages.

Kindest regards
 (Highlands and Islands Area Service Committee Public Information)

