



Addiction Recovery Tools



Some of the best
tools available for
you to work your
well-being.

*reach out
stay in touch*

My doctor's number:

My benefit phone number:

The suicide hotline:

A local recovery community meeting
that I can attend:

My support group:

A person I can talk to:




There are many things you can do on **your journey to long-term recovery and well-being**. You can join online or face-to-face support groups, or use tools like online games and other valuable resources listed here at no additional cost. You can **explore these tools** and see what works best for you to **support your recovery**.


The information and links provided in this article were current at the time of publishing. The tools and and links provided in this article by Optum are at no additional charge to you. The services offered through the links, organizations and entities included in this article are also at no additional cost to you. The link owners may make changes at any time without notice.



All links are available at www.liveandworkwell.com. Find them at the **"Personal Empowerment Kits"** link on the home page (no login needed).


Online Tools

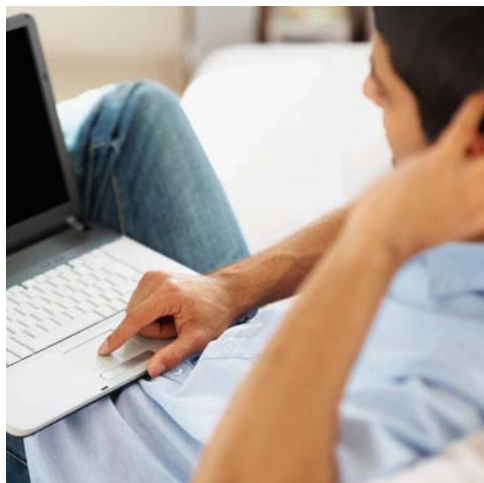
- 1. Liveandworkwell.com:** This online resource for Optum members has many recovery tools and resources. It is a great one-stop shop to start your journey to health and recovery. <http://www.liveandworkwell.com>
- 2. Recovery Radio Programs:** Support your recovery with any of these recovery radio stations.
 - **Recovery101.net:** This recovery radio program is less like a 12-step meeting and more like going to coffee afterward. <http://www.recovery101.podomatic.com> 
 - **The Recovery Radio Network:** The Recovery Radio Network: A collection of Internet-based radio stations providing recovery speakers, 12-step workshops, and helpful tips from the medical profession. The network is “on demand” in a streaming media format. <http://www.s100332911.onlinehome.us/4436.html> 
 - **Steppin’ Out: The 12-Step Radio Show:** We all know someone who has a problem with addiction. Steppin’ Out brings insight and support to those addicted and the people who care about them. These stories are also for those who want to know what it is like to experience substance use. <http://www.steppinouradio.com> 

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3. In The Rooms: At any time, from any place, you can find online discussions revolving around just about any topic in any 12-step group. In the Rooms is a welcoming place to get your questions answered. Registration is required but you only need give as much information as you are comfortable divulging. Whether you're sober, clean, or seeking help with your drug addiction or alcoholism, you are welcome at In the Rooms. <http://www.intherooms.com>

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Recovery Apps

4. Phone apps: Work your recovery on the go, these phone apps can help.


- **Sponsor Support, Optimized Telecom Inc., iOS:** You can talk to your sponsor through voice or e-mail. Keep track of your days of success. Journal your daily thoughts. Keep your group and medical contacts at hand. The app sends a map of your location by GPS when you contact your sponsor. <http://www.optimizedapps.com/sponsor-Support.html> 
- **Steps Away — Locate Worldwide 12-Step Meetings, DBJ Apps, iOS, Android:** This app finds your location and directs you to the nearest 12-step meeting in the USA, Canada, UK, and Australia. Meetings include Alcoholics Anonymous / Narcotics Anonymous / Overeaters Anonymous / Gamblers Anonymous / Cocaine Anonymous / Debtors Anonymous / Al-Anon / Al-Ateen. <https://itunes.apple.com/us/app/steps-away-locate-worldwide/id319571940?mt=8> 
- **iPromises** is an iPhone recovery app with trigger alerts and a visual journal. There is a directory of phone numbers to find an AA meeting in the US, Canada, and some international offices. Add friends and share meetings, track your progress and challenges, and get a daily positive message one day at time. <http://www.ipromises.org> 

These phone app downloads are available at no additional charge to our members. Access, roaming, and other charges may apply based on your phone plan.

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Reach Out for Help


5. Mindful Meditation: Prefer listening and a laid-back approach to well-being? These online meditations can help you support your recovery. Research has shown meditation to be a helpful tool for people seeking or in recovery. <http://marc.ucla.edu/body.cfm?id=22> 

6. Online and Face-to-Face Support Groups:

Talking with others who have “been there” is incredibly powerful. There are online and in-person groups that are helping people find their recovery. Here are links to some reputable groups that offer online and face-to-face meetings at no cost to you:







- Guide to Mutual Aid Resources. <http://www.facesandvoicesofrecovery.org/guide/support/> 
- Find Alcoholics Anonymous (AA) meetings by state. <http://aa-intergroup.org/> 
- AA meetings online. <http://www.aaonline.net/> 
- Narcotics Anonymous (NA) meetings by location. <http://www.na.org/meetingsearch/> 
- A range of groups covering issues like cancer, diabetes, addiction recovery and more. <http://www.supportgroups.com/> 

7. One Health: This online resource helps people move toward an addiction-free life and look at other health behaviors. Includes peer networking, online presentations, tools and other helpful resources. <http://www.onehealth.com/> 

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Set Your Course

- 8. SuperBetter:** Like the idea of gaming your way to well-being? This fun online game helps build resilience, set personal goals and do simple things every day to move toward well-being. <https://www.superbetter.com/> 
- 9. Suicide Hotline:** Need help? Do not hesitate.
- Call **1-800-273-TALK**.
 - Spanish Language line — **1-888-628-9454**. They also offer the Tele-Interpreters service that can support over 150 languages. If you prefer to chat online, you can connect by this link. <http://www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx> 
 - Prefer to speak with someone from the military? Call **1-800-273-8255 and Press 1**. Send a **text message to 838255** to receive confidential support 24 hours a day, 7 days a week, 365 days a year. Or chat online by this link. <http://www.veteranscrisisline.net/ChatTermsOfService.aspx?account=Veterans Chat> 
- 10. Identifying and Coping with Trauma:** People who have gone through upsetting events will find this tool an easy-to-use way of thinking about and moving toward recovery from trauma. <http://store.samhsa.gov/product/Dealing-with-the-Effects-of-Trauma-A-Self-Help-Guide/SMA-3717> 
- 11. Seeking Safety Trauma Survivor Empowerment:** Trauma survivors often need to learn specific skills to help them overcome the effects of the trauma. While Seeking Safety may or may not be free, it is a tool you can look for in your community and share with your provider as something you would like to join in. <http://www.seekingsafety.org/> 
- 12. Making and Keeping Friends:** As a person living with addiction, we often isolate ourselves and have to relearn how to build friendship. Isolation makes our symptoms much worse. This simple tool gives us steps to take and encourages us to reduce our isolation. <http://store.samhsa.gov/shin/content/SMA-3716/SMA-3716.pdf> 

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Recovery Tools

13. Resources for Specific Populations:

- Picture Recovery Workbook in Spanish: This workbook uses pictures for a person to imagine what will help with their recovery. It also shows the barriers to fly over to manage their mental health or addiction. http://dhhs.ne.gov/behavioral_health/Documents/Spanish-PictureRecoveryWorkbook.pdf
- Asian and Pacific Islander addiction help. <http://www.napafasa.org/>

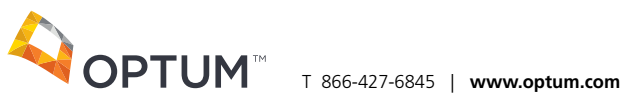
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