

A person is seen from behind, standing on a paved road that stretches into the distance. They are wearing a dark jacket and have their arms raised in a 'V' shape, with fists clenched, signifying triumph or achievement. The background shows a lush green landscape under a bright, hazy sky, suggesting a sunrise or sunset. In the top left corner, there are overlapping geometric shapes in shades of orange and yellow.

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 benefits 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. 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 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.



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 — 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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Reach out for help



4. 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>

5. 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:

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

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All links are available at liveandworkwell.com. Find them at the “Personal Empowerment Kits” link under “Trending topics” on the home page (no login needed).

6. 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/> 

7. 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. <https://suicidepreventionlifeline.org/chat/> 
- 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> 

8. 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. <https://www.hsdl.org/?view&did=727832>


9. 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/> 

10. Friendship and Mental Health:

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 article from the National Alliance on Mental Illness (NAMI) offers tips on how to meet other people to help reduce our isolation.

<https://www.nami.org/Find-Support/Teens-Young-Adults/Friendship-and-Mental-Health/> 

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Set your course





Recovery tools



11. Resources for specific populations:

Native American and Alaska Natives

- Wellbriety Circles for Native Americans. <https://whitebison.org/WellBriety.aspx>
- Medicine Wheel and 12 Steps — provides a culturally appropriate 12-step program for Native Americans and Alaska Natives. https://whitebison.org/Training/Medicine_Wheel_And_12_Steps.aspx/
- Center for Native American Youth <https://www.cnay.org/resource-exchange/>

Asian

- Asian American Health Initiative Resource Library. <http://aahiinfo.org/aahi-resources/>
- Asian Pacific Mental Health and Substance Abuse Resource Guide. https://www.aapcho.org/resources_db/mental-health-and-substance-abuse-resource-guide/
- National Asian American Pacific Islander Mental Health Association. <http://naapimha.org/>
- Selected Patient Information in Asian Languages (SPIRAL) by Topic from the Tufts University Hirsh Health Sciences Library. <http://spiral.tufts.edu/topic4.shtml/>

Black and African American

- Black Mental Health Alliance. <http://www.blackmentalhealth.com/>
- Black and African American Communities and Mental Health (Mental Health America). <https://www.mhanational.org/issues/black-and-african-american-communities-and-mental-health/>

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Recovery tools




Hispanic and Latino

- Latino mental health help, NAMI.
<https://www.nami.org/Support-Education/Diverse-Communities/Latino-Mental-Health/La-salud-mental-en-la-comunidad-latina/>
- Latino Mental Health Facts from NAMI.
<https://www.nami.org/find-support/diverse-communities/latino-mental-health/>
- Mental Health: A Guide for Latinos and Their Families — a 22-minute video.
<https://www.youtube.com/watch?v=7QgVi7suKvs/>

Lesbian, gay, bisexual, transgender and queer

- Family Acceptance Project.
<https://familyproject.sfsu.edu/resources/>
- Gay, Lesbian, Bisexual, and Transgender Mental Health Resources from NAMI.
<https://www.nami.org/Find-Support/LGBTQ>
- LGBTQ Youth: Voices of Trauma, Lives of Promise — 13-minute video of LGBTQ youth who discuss their own trauma experiences and how they strengthened their resilience.
<https://www.nctsn.org/resources/lgbtq-youth-voices-trauma-lives-promise>
- The Trevor Project — resources and support for LGBTQ youth.
<https://www.thetrevorproject.org/>
- The Trevor Project National Survey on LGBTQ Youth Mental Health.
<https://www.thetrevorproject.org/wp-content/uploads/2019/06/The-Trevor-Project-National-Survey-Results-2019.pdf>

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Notes:

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Notes:

A man with a beard and dark hair is lifting a young girl with blonde hair and a pink dress into the air. The girl has her mouth open in a joyful expression. In the background, a pregnant woman with long blonde hair is smiling and holding a white tablet to film the scene. They are in a bright, modern living room with large windows, a white fireplace, and a colorful abstract painting on the wall.

Recovery, Resiliency and **EMPOWERMENT TOOLS**

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