



# 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](http://www.liveandworkwell.com). Find them at the **"Personal Empowerment Kits"** link on the home page (no login needed).

# Online Tools

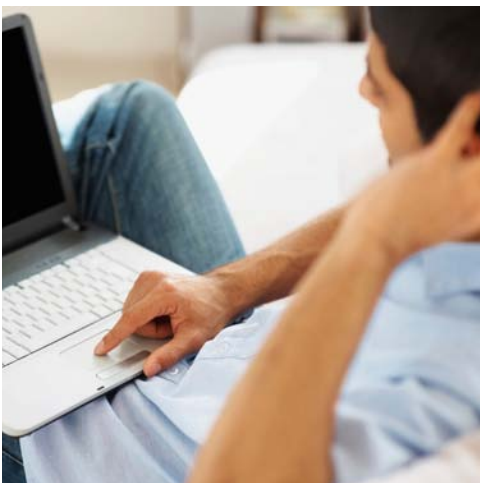
- 1. Liveandworkwell.com:** This online resource for Optum members has many recovery tools and resources. It is a great one-stop shop to start your journey to health and recovery. <http://www.liveandworkwell.com>
- 2. Recovery Radio Programs:** Support your recovery with any of these recovery radio stations.
  - **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> 

 Indicates that you are leaving our site and these links to other sites are for informational purposes only. The inclusion of links to other web sites does not imply any endorsement of the material on the web sites or any association with their operators.

All links are available at [www.liveandworkwell.com](http://www.liveandworkwell.com). Find them at the “Personal Empowerment Kits” link on the home page (no login needed).




**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>

☞ Indicates that you are leaving our site and these links to other sites are for informational purposes only. The inclusion of links to other web sites does not imply any endorsement of the material on the web sites or any association with their operators.




# 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.

 Indicates that you are leaving our site and these links to other sites are for informational purposes only. The inclusion of links to other web sites does not imply any endorsement of the material on the web sites or any association with their operators.











# 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/> 

 Indicates that you are leaving our site and these links to other sites are for informational purposes only. The inclusion of links to other web sites does not imply any endorsement of the material on the web sites or any association with their operators.

All links are available at [www.liveandworkwell.com](http://www.liveandworkwell.com). Find them at the “Personal Empowerment Kits” link on the home page (no login needed).

# 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/><sup>☐</sup>
- 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><sup>☐</sup>
  - 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><sup>☐</sup>
- 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><sup>☐</sup>
- 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/><sup>☐</sup>
- 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><sup>☐</sup>

<sup>☐</sup> Indicates that you are leaving our site and these links to other sites are for informational purposes only. The inclusion of links to other web sites does not imply any endorsement of the material on the web sites or any association with their operators.

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



# 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](http://dhhs.ne.gov/behavioral_health/Documents/Spanish-PictureRecoveryWorkbook.pdf)<sup>☐</sup>
- Asian and Pacific Islander addiction help. <http://www.napafasa.org/><sup>☐</sup>

<sup>☐</sup> Indicates that you are leaving our site and these links to other sites are for informational purposes only. The inclusion of links to other web sites does not imply any endorsement of the material on the web sites or any association with their operators.

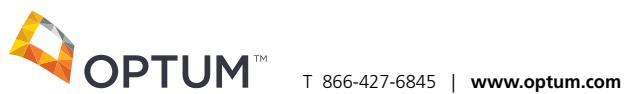


## Notes:

Optum is a brand name of United Behavioral Health. Except for Liveandworkwell, Optum is not affiliated with any other entity or organization listed in this article nor does it receive any compensation from any of the organizations or entities identified herein for purposes of their inclusion in this article. Optum does not represent or warrant the accuracy of any link nor information within such link as both are under the control of the link holder. Each link has its own policies such as its terms of use and privacy policy that you will be subject to. Optum does not endorse or recommend any organization, entity or resource material that may be named or referenced in this article, but such information is provided for information and education purposes only and we are not responsible for the content or accuracy of these other organizations or materials. This information is not intended to replace expert advice from providers and should not be used to treat a health problem. Not all services may be covered, check your benefit plan for covered benefits and exclusions.



All links are available at [www.liveandworkwell.com](http://www.liveandworkwell.com). Find them at the “Personal Empowerment Kits” link on the home page (no login needed).



All Optum trademarks and logos are owned by Optum, Inc. All other brand or product names are trademarks or registered marks of their respective owners. Because we are continuously improving our products and services, Optum reserves the right to change specifications without prior notice. Optum is an equal opportunity employer.

38157-022014 © 2014 Optum, Inc. All Rights Reserved.