



Recovery, Resiliency and Empowerment 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 warm line run by peers who are now well, that I can call just to talk:

A local support group:

A person I can talk to:









There are many things you can do to **work your wellness** between visits with your doctor and talk therapist. You can play a great online game. You can create a Wellness Recovery Action Plan. You can join online or face-to-face support groups. You can call a peer warm line. The following pages include valuable tools for you at no additional charge. You can **explore these tools** and see what works best for you to **support your recovery**.


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


Online Tools

- 1. Liveandworkwell.com:** This online resource for Optum members has many empowerment tools and resources. It is a great way to start your recovery. <https://www.liveandworkwell.com/public/>
- 2. Action Planning For Prevention and Recovery:** This booklet helps you with your own well-being. It is a tool kit to use when symptoms are getting in your way. It also helps you find and deal with triggers. <http://store.samhsa.gov/product/Action-Planning-for-Prevention-and-Recovery-A-Self-help-Guide/SMA-3720> 
- 3. Online and Face-to-Face Support Groups:** Talking with someone else who has “been there” is powerful. Here are some links to reputable groups that have online, phone-based and face-to-face meetings all over the country:
 - Find Alcoholics Anonymous (AA) meetings by state. <http://aa-intergroup.org/> 
 - AA meetings online. <http://www.aaonline.net/> 
 - Depression and Bipolar Support Alliance (both online and face-to-face). http://www.dbsalliance.org/site/PageServer?pagename=peer_landing 
 - Mental Health America. <http://www.nmha.org/go/searchMHA> 
 - Narcotics Anonymous (NA) meetings by location. <http://www.na.org/meetingsearch/> 
 - National Alliance on Mental Illness (NAMI). <http://www.nami.org/> 
 - NAMI Online Groups. <https://www.nami.org/Discussion-Groups> 

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- 4. SuperBetter:** Like the idea of gaming your way to well-being? This fun online game helps build resilience, set goals and do simple things every day to move toward well-being. <https://www.superbetter.com/> 
- 5. Mindful Meditation:** Prefer listening and a laid-back approach to wellness? These online meditations can help you work your good mental and physical health. Research has shown meditation to be a helpful tool for people using behavioral health services. <http://marc.ucla.edu/body.cfm?id=22> 
- 6. Smartphone Apps:** Check out WhatsMyM3, a private 3-minute mental health screening tool. It screens for depression, anxiety, bipolar disorder and post-traumatic stress disorder (in English and Spanish). www.whatsmym3.com 

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Connect with Family and Friends

7. Making and Keeping Friends: We often have to relearn how to build friendships. Isolation makes our symptoms much worse. This simple tool gives us steps to take and helps us to reduce our isolation.

<http://store.samhsa.gov/shin/content/SMA-3716/SMA-3716.pdf>

8. Facing Us (Wellness Tracking): Many people find it helpful to track how they are doing on a daily, weekly and monthly basis. This helps them better talk with doctors about what they need. The Facing Us tool allows you to track mood, symptoms, lifestyle medications and health. <https://tracker.facingus.org/>

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Reach Out for Help

9. Peer Videos: For inspiration, check out the videos of real consumers on this Optum website (registration is at no additional charge). These individuals have moved from illness to good mental and physical health. They share their insights and encouragement. <http://www.optum.com/landing/testimonial-video-directory/>[☐]

10. 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 through this link. <http://www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx>[☐]
- Prefer to speak with someone from the military? **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 here. [http://www.veteranscrisisline.net/ChatTermsOfService.aspx?account=Veterans Chat](http://www.veteranscrisisline.net/ChatTermsOfService.aspx?account=Veterans%20Chat)[☐]
- Prefer to talk with someone who understands the issues facing LGBTQ youth? Call **1-866-488-7386**.

11. Peer Warm Lines: Want to just talk to someone who has been there? If you are not thinking of suicide but just need to talk, a peer warm line is a great idea. People who have “been there” answer the phone and listen to your concerns. Find a warm line in your state here. <http://www.warmline.org/>[☐]

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Set Your Course

12. Recovery Goals, Consumer-Created Videos and Personalized Wellness Booklet:

These resources help you set your recovery goals through a simple online method. You can also read tips and ideas from other people. You can mark the ones you like and then download your own personalized well-being booklet. Consumer-created videos, music and art can also be viewed on this site. <https://www.facingus.org/>

13. Advance Directive Site: Want a legal document that puts your loved ones' wants and needs in writing in case of hospitalization? An Advance Directive allows them to be heard even if the loved one cannot talk or fear people will not respect their wishes. This site allows you to download and fill out the form applicable to your state. <http://www.nrc-pad.org/>

14. Shared Decision Making Tools: These tools help you think through and talk with your doctors about choices.

- SAMHSA: Shared Decision Making Aid for Mental Health. <http://store.samhsa.gov/shin/content/SMA09-4371/SMA09-4371.pdf>

15. Identifying and Coping with Trauma: People who have gone through trauma will find this tool an easy-to-use way of thinking about and moving toward health. <http://store.samhsa.gov/product/Dealing-with-the-Effects-of-Trauma-A-Self-Help-Guide/SMA-3717>

16. 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. <http://www.seekingsafety.org/>

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Recovery Tools

17. Resources for Specific Populations:

- Picture Recovery Workbook in Spanish: This workbook uses pictures for a person to imagine what will help them. http://dhhs.ne.gov/behavioral_health/Documents/Spanish-PictureRecoveryWorkbook.pdf[☞]
- Hispanic mental health help. <http://www.nrchmh.org/>[☞]
- Asian and Pacific Islander mental health help. <http://naapimha.org/>[☞]
- Asian and Pacific Islander addiction help. <http://www.napafasa.org/>[☞]
- African American mental health help. <http://www.blackmentalhealth.com/>[☞]

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