

Optum

Addiction recovery tools

Some of the best tools available
to support your wellbeing





Reach out, stay in touch

There are many things you can do on your journey to long-term recovery and wellbeing. You can join online or face-to-face support groups, or use tools like online games and other valuable resources listed here. Explore these tools and see what works best for you to support your recovery.

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:

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Online tools

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.

liveandworkwell.com

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. open.spotify.com/show/3z9SXj7ppjeBl4SJmDMnTC?si=0uLe742FTI6m3vsESuRCOQ&nd=1&dlsi=4bd81c90a93346fe recoveryanswers.org/recovery-101/resources 

The Recovery Radio Network – A collection of internet-based radio stations providing recovery speakers, 12-step work shops and helpful tips from the medical profession. The network is “on demand” in a streaming media format.

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.

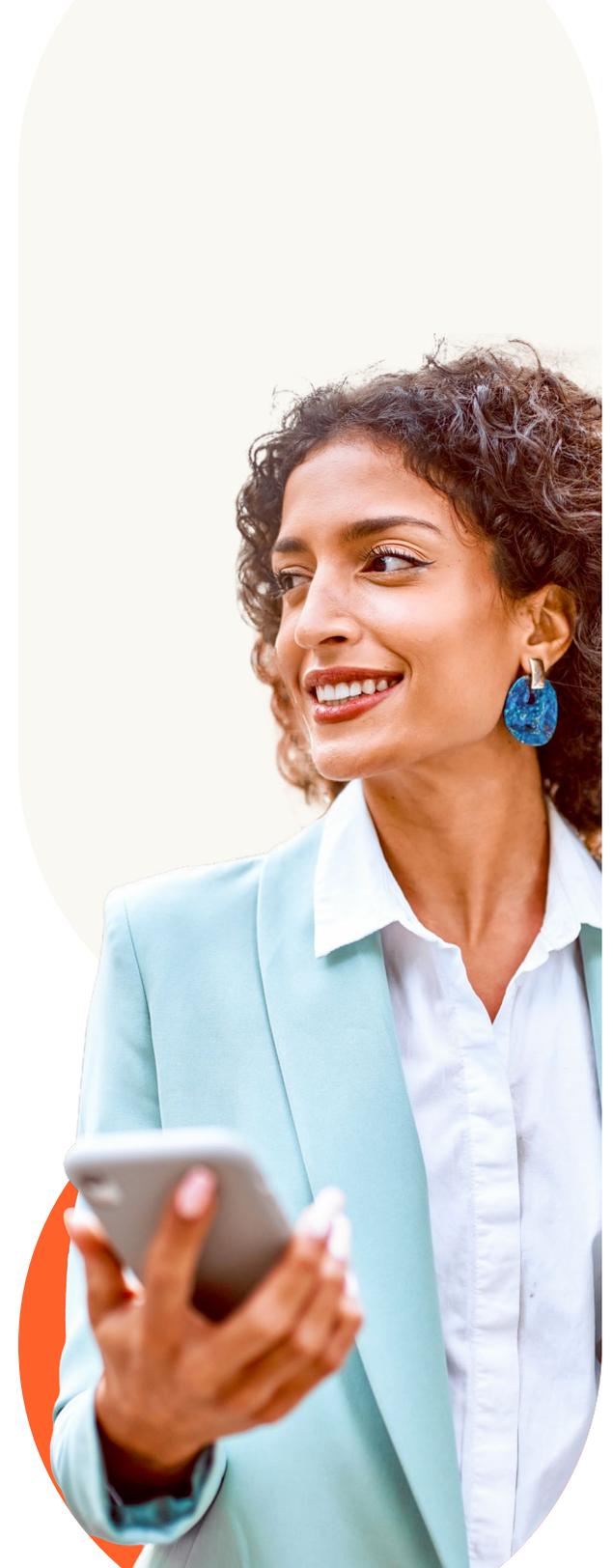
tunein.com/radio/Steppin-Out-p11276 

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. intherooms.com 

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Reach out for help

Mindful meditation

Prefer listening and a laid-back approach to wellbeing? These online meditations can help you support your recovery. Research has shown meditation to be a helpful tool for people seeking or in recovery.

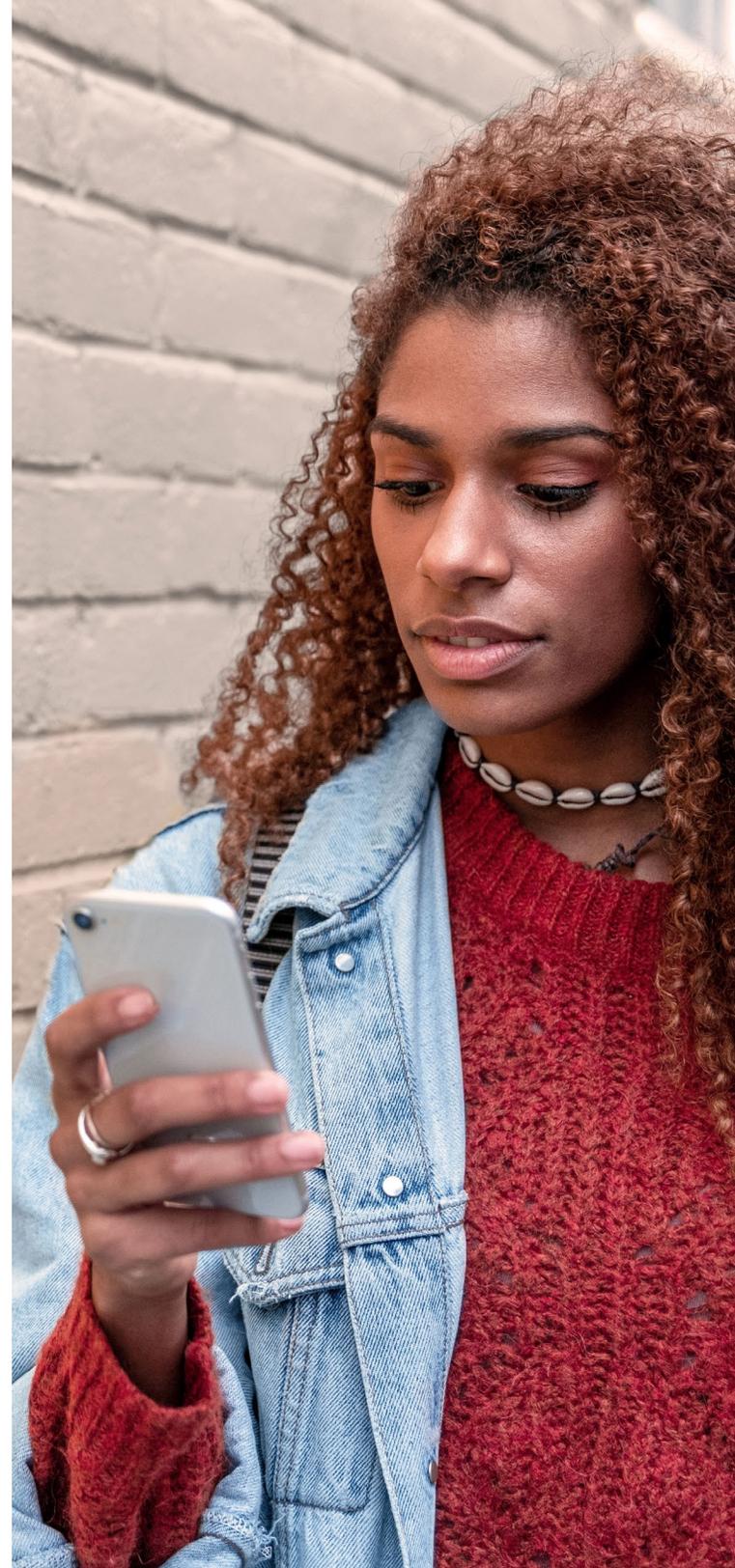
marc.ucla.edu/body.cfm?id=22 [ⓘ]

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
facesandvoicesofrecovery.org/?s=mutual+aid [ⓘ]
- Find Alcoholics Anonymous (AA) meetings by state
aa-meetings.com/directory [ⓘ]
- AA meetings online
aa-intergroup.org [ⓘ]
- Narcotics Anonymous (NA) meetings by location
na.org/meetingsearch [ⓘ]

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Set your course

SuperBetter

Like the idea of gaming your way to wellbeing? This fun online game helps build resilience, set personal goals and do simple things every day to move toward wellbeing.

superbetter.com [☞]

988 Suicide and Crisis Lifeline

Dialing **988** connects you to the 988 Suicide and Crisis Lifeline. It's available 24/7, with interpretation services available in 150 languages. You can also text **988**. You'll be given a short survey to help the crisis center understand what you're going through. Then you'll be connected with a counselor.

- Spanish Language line – **988** and **Press 2**. For people who speak other languages, call 988 and you will be provided translation in more than 240 additional languages through LanguageLine Solutions. This is available 24/7 through voice calling only. If you prefer to chat online, visit chat.988lifeline.org [☞]
- Prefer to speak with someone from the military? Call **988** and **press 1**. Send a **text message to 838255** to receive confidential support 24/7. Or chat online by visiting [veteranscrisisline.net/ChatTermsOfService.aspx?account=Veterans Chat](https://veteranscrisisline.net/ChatTermsOfService.aspx?account=Veterans%20Chat) [☞]

Identifying and coping with trauma

People who have gone through upsetting events will find this easy-to-use tool a helpful guide for thinking about and moving toward recovery from trauma. hsdl.org/?view&did=727832 [☞]

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.

seekingsafety.org [☞]

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.

nami.org/in-the-news/racism-and-mental-health [☞]

Recovery tools

Resources for specific populations

Native American and Alaska Natives

- Wellbriety Circles for Native Americans
whitebison.org/wellbriety-meeting-flyers 
- Medicine Wheel and 12 Steps – provides a culturally appropriate 12-Step program for Native Americans and Alaska Natives
whitebison.org/medicine-wheel-and-12-steps 
- Center for Native American Youth
cnay.org/resource-exchange 

Asian

- Asian American Health Initiative Resource Library
aahiinfo.org/aahi-resources 
- Asian Pacific Mental Health and Substance Abuse Resource Guide
oahcoalition.org/wp-content/uploads/2024/10/OAAHC_Multi-Language-Resource-Guide-English-2024.pdf 
- National Asian American Pacific Islander Mental Health Association
naapimha.org 
- Selected Patient Information in Asian Languages (SPIRAL) by Topic from the Tufts University Hirsh Health Sciences Library
spiral.tufts.edu/topic4.shtml 

Black and African American

- Black Mental Health Alliance
blackmentalhealth.com 
- Black and African American Communities and Mental Health (Mental Health America)
mhanational.org/resources/bipolar-disorder-and-black-americans 
mhanational.org/resources/communities-african-descent 

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Recovery tools, cont'd

Hispanic and Latino

- Latino mental health help from NAMI
nami.org/Support-Education/Diverse-Communities/Latino-Mental-Health/La-salud-mental-en-la-comunidad-latina [☞]
- Latino mental health facts from NAMI
nami.org/your-journey/identity-and-cultural-dimensions/hispanic-latinx [☞]
- Mental Health: A Guide for Latinos and Their Families – a 22-minute video
youtube.com/watch?v=7QgVi7suKvs [☞]

Lesbian, gay, bisexual, transgender and queer

- Family Acceptance Project
familyproject.sfsu.edu/resources [☞]
- Gay, lesbian, bisexual and transgender mental health resources from NAMI
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
nctsn.org/resources/lgbtq-youth-voices-trauma-lives-promise [☞]
- The Trevor Project – resources and support for LGBTQ youth
thetrevorproject.org [☞]
- The Trevor Project National Survey on LGBTQ Youth Mental Health
thetrevorproject.org/wp-content/uploads/2019/06/The-Trevor-Project-National-Survey-Results-2019.pdf [☞]

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Recovery, resiliency and empowerment tools

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