



Family recovery and resiliency tools

Some of the best tools available
to support your wellbeing



Reach out, stay in touch

There are many things you can do to support your loved ones and maintain your wellbeing. If you are looking for something between doctor or therapy appointments, you can play an online game, create a Wellness Recovery Action plan, join a support group (in person or online), or call a peer warm line. The following pages include valuable tools for you at no extra charge. Explore these tools and see what works best for you in your journey to wellbeing.

My doctor's number:

My benefits phone number:

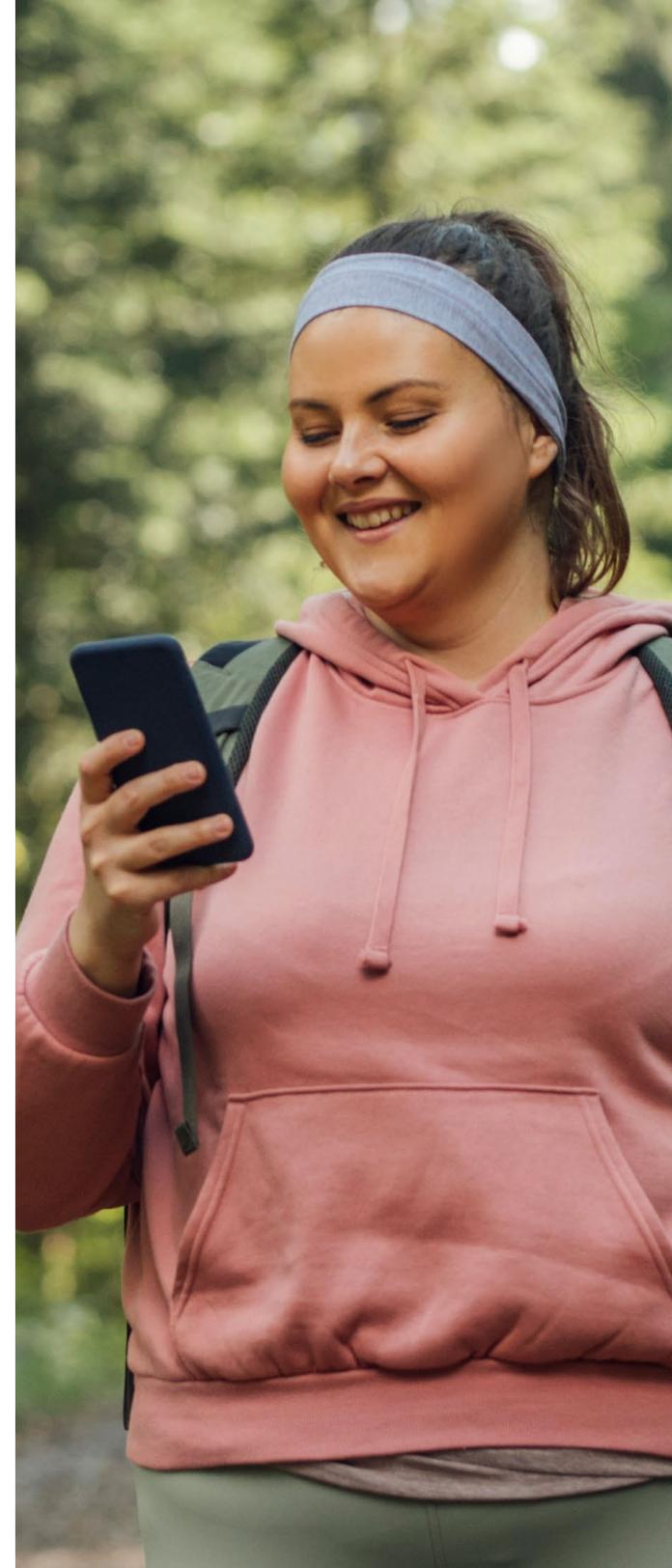
The suicide hotline:

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

Online and face-to-face support groups

Talking with someone else who has “been there” is incredibly powerful. Here are some links to reputable groups that offer online and face-to-face meetings all over the country:

- Find Alcoholics Anonymous (AA) meetings by state
aa-meetings.com/directory [☞]
- AA meetings online
aaonline.net [☞]
- Al-Anon online
al-anon.org/al-anon-meetings [☞]
- Depression and Bipolar Support Alliance (both online and face-to-face)
dbsalliance.org/site/PageServer?pagename=peer_landing [☞]
- Mental Health America
mhanational.org/treatment-options/support-group [☞]
- Narcotics Anonymous (NA) meetings by location
na.org/meetingsearch [☞]
- National Alliance on Mental Illness (NAMI)
nami.org/support-education/support-groups [☞]
- NAMI Online Groups
nami.org/support-education/support-groups [☞]

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Online tools, cont'd

- Parenting support group
dailystrength.org/support-groups/Childrens-Health-Parenting [☞]
- Domestic violence online support group
stopabuseforeveryone.org [☞]

Suicide prevention/QPR training

Wondering what to do if someone you know may be thinking about suicide? You can take the online QPR class through Optum at no additional charge. This one-hour session helps you identify if someone is contemplating suicide and 3 simple steps – Question, Persuade and Refer – to encourage the person to seek help. Log in to liveandworkwell.com and select **Suicide Prevention** under the **Crisis support** menu, then select the **Suicide Prevention Education Program** link in the **Learn** section.

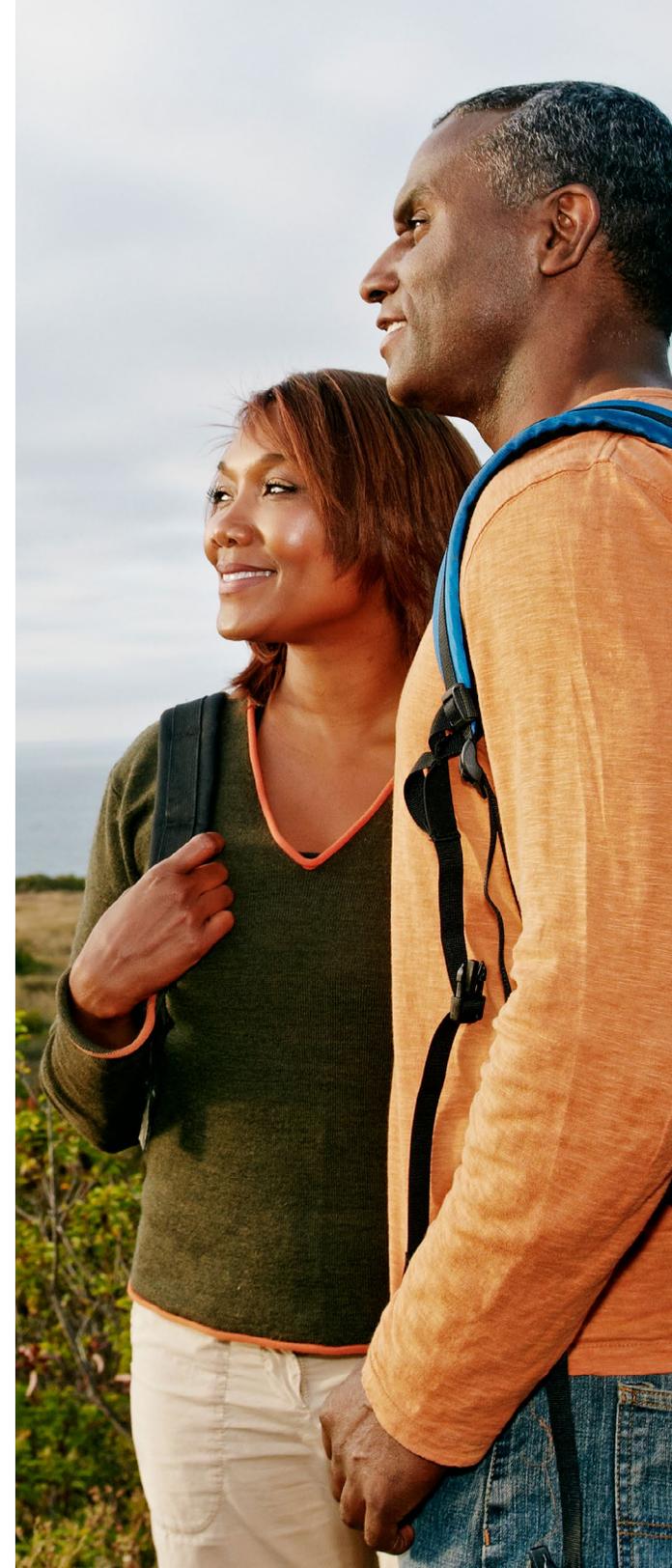
liveandworkwell.com (login required)

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 [☞]

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Support for friends and family

How family and friends can help

Support from those we love can be very important. But family and friends may not know how to help. Here are a few resources:

- These 2 brochures are about depression and bipolar disorder but can be helpful for everyone.
 - **Family and Friends' Guide to Recovery from Depression and Bipolar Disorder**
dbsalliance.org/support/for-friends-family
 - **Helping a Friend or Family Member with Depression or Bipolar Disorder**
dbsaalbuquerque.org/wp-content/uploads/2016/04/FamilyBookFinal.pdf
- This brochure looks at a time in the hospital from the family and friend perspective.
dbsalliance.org/support/for-friends-family/#Preparing

Education and training for families

NAMI offers Family-to-Family courses (for families and friends of adult consumers) and NAMI Basics classes (for family members of children) across the country. Information can be found here:

- NAMI
nami.org/Find-Support/NAMI-Programs
- American Association of Child and Adolescent Psychiatry
aacap.org/AACAP/Families_Youth/AACAP/Families_and_Youth/Home.aspx?hkey=fb0befff-aae9-4867-958b-d8b45f5ecb2f

Advance directive site

Want a legal document that puts your loved one's wants and needs in writing in case they are in the hospital? An advance directive allows them to be heard even if they cannot talk or fear people will not respect those wishes. This site allows you to download and fill out the form that is applicable to your state.

nrc-pad.org

Shared decision-making tool

This tool from SAMHSA helps you and your loved one think through and talk with their doctors about choices around various treatment options.

samhsa.gov/technical-assistance/brss-tacs/decision-making

Available resources

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.
peersupportcsc.com/wp-content/uploads/2025/02/Your-Life-and-Recovery-Journey-Workbook-Spanish-2025-Ver-1.pdf
- Mental health resources for Hispanic communities
nrchmh.org
- Mental health resources for Asian and Pacific Islander communities
naapimha.org
- Addiction resources for Asian and Pacific Islander communities
napafasa.org
- Mental health resources for African American communities
blackmentalhealth.com

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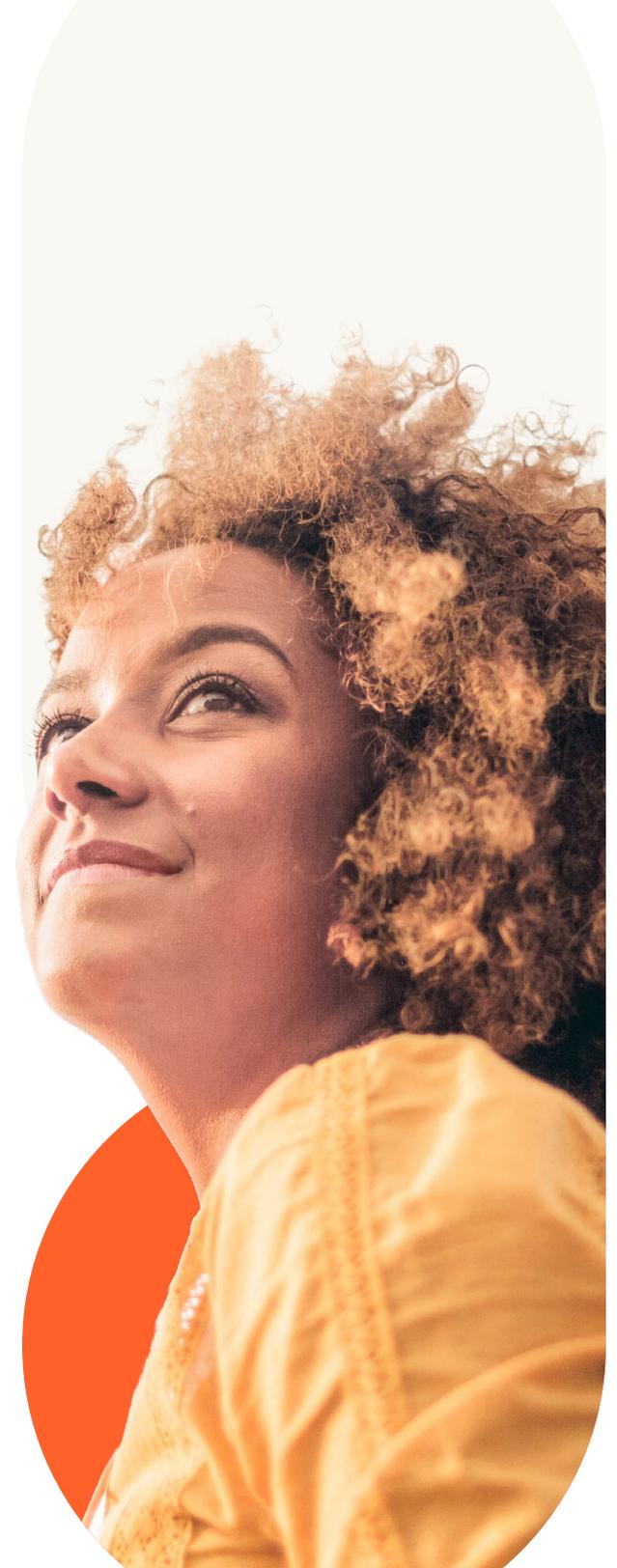
Recovery tools

988 Suicide and Crisis Lifeline

Loved ones need help. Do not hesitate.

- Spanish Language line – Call **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 Language Line 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 at [veteranscrisisline.net/ChatTermsOfService.aspx?account= Veterans Chat](https://veteranscrisisline.net/ChatTermsOfService.aspx?account=VeteransChat) [☞]
- Need someone who understands the issues facing LGBTQ+ youth? Call **988 and press 2**.

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Recovery, resiliency and empowerment tools

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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).