

Optum

Recovery, resilience and empowerment 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:

The information and links provided 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

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

Action planning for prevention and recovery

This booklet helps you with your own wellbeing. It is a toolkit to use when symptoms are getting in your way. It also helps you find and deal with triggers.

liveandworkwell.com/content/dam/laww/documents/guides/SAMHSA_Action_Plan.pdf

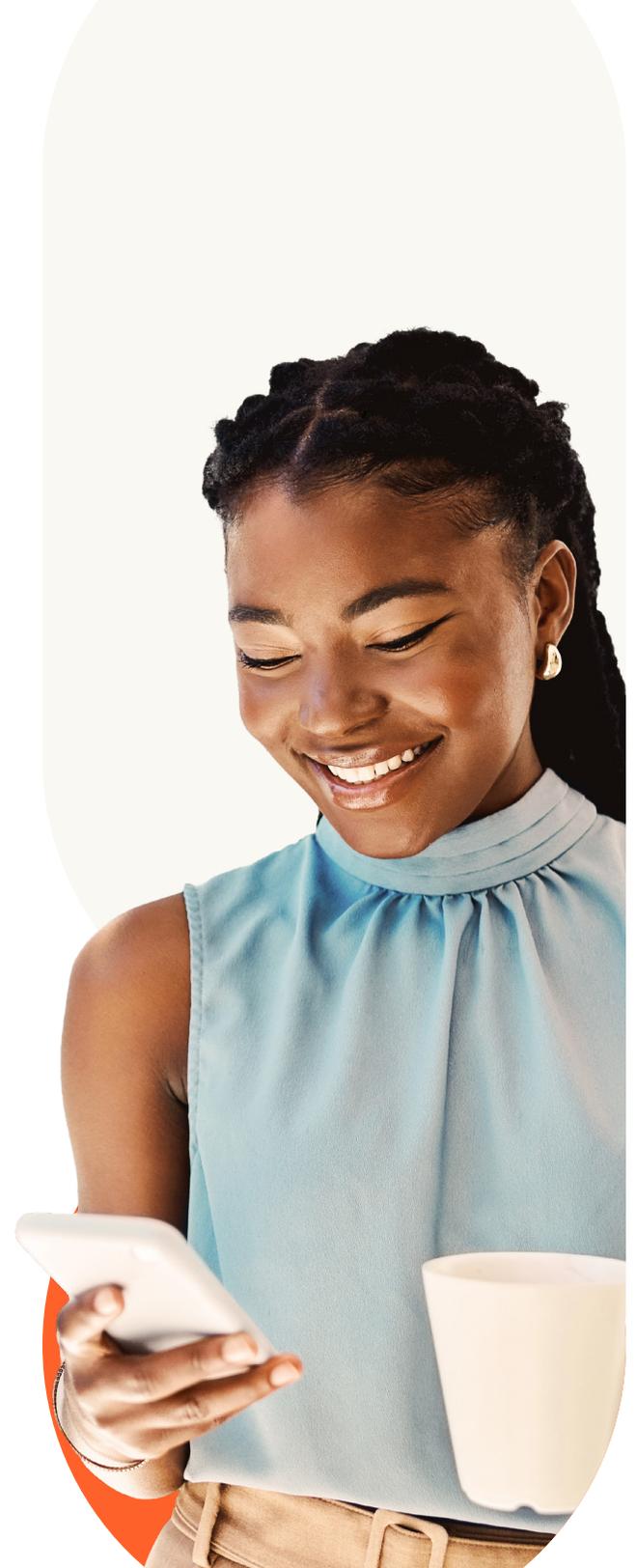
Online and face-to-face support groups

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.

intherooms.com [☒]

- Find Alcoholics Anonymous (AA) meetings by state.
aa.org/pages/en_US/find-local-aa
- AA meetings online
aa-intergroup.org/
- Depression and Bipolar Support Alliance (both online and face-to-face)
dbsalliance.org/site/PageServer?pagename=peer_landing
- Mental Health America
mhanational.org/find-support-groups
- Narcotics Anonymous (NA) meetings by location
na.org/meetingsearch/
- National Alliance on Mental Illness (NAMI)
nami.org/
- NAMI Online Groups
nami.org/Support-Education/Support-Groups/
- National Federation of Families for Children’s Mental Health
ffcmh.org/

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Online tools, cont'd

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 [☞]

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 [☞]

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).

whatsmym3.com [☞]

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Connect with family and friends

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 NAMI offers tips on how to meet other people to help reduce our isolation.

nami.org/Find-Support/Teens-Young-Adults/Friendship-and-Mental-Health 

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 pencil-and-paper version of the Whole Health Tracker is a great tool.

- Tracker for first week:
liveandworkwell.com/content/dam/laww/documents/guides/MyWholeHealthTracker_info_and_first_week.pdf
- Tracker for additional weeks:
liveandworkwell.com/content/dam/laww/documents/guides/MyWholeHealthTracker_additional_weeks.pdf

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Reach out for help

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**.

Peer warm lines

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. Here are some tools that can help you do this.

warmline.org [☞]

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Set your course

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 wellbeing booklet. Consumer-created videos, music and art can also be viewed at facingus.org [☞]

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 fears people will not respect their wishes. This site allows you to download and fill out the form applicable to your state.
nrc-pad.org [☞]

Shared decision-making tools

These resources from SAMHSA can help you think through and talk with your doctors about choices.
samhsa.gov/brss-tacs/recovery-support-tools/shared-decision-making [☞]

Identifying and coping with trauma

People who have gone through trauma will find this tool helpful for finding a new way of thinking about and moving toward health:
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.
seekingsafety.org [☞]

Recovery tools

Resources for specific populations

Native American and Alaska Natives

- Wellbriety Circles for Native Americans
whitebison.org/circle-meetings [☞]
- 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
aapcho.org/about [☞]
- 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/bipoc-mental-health [☞]

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Recovery tools, cont'd

Hispanic and Latino

- Latino mental health help, NAMI
nami.org/Support-Education/Diverse-Communities/Latino-Mental-Health/La-salud-mental-en-la-comunidad-latina [☞]
- Latino mental health facts, NAMI
nami.org/about-mental-illness/treatments/mental-health-medications/maternal-mental-health [☞]
- 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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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).