



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 benefits 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. 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 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

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 — 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.

<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.

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

Reach out for help



4. 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>

5. 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. <http://facesandvoicesofrecovery.org/resources/mutual-aid-resources/>
- Find Alcoholics Anonymous (AA) meetings by state. https://aa.org/pages/en_US/find-local-aa/
- AA meetings online. <https://aa-intergroup.org/>
- Narcotics Anonymous (NA) meetings by location. <https://www.na.org/meetingsearch/>
- A range of groups covering issues like cancer, diabetes, addiction recovery and more. <http://www.supportgroups.com/>

 Indicates that you are leaving our site and these links to other sites are for informational purposes only. The inclusion of links

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).

6. 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/>[☐]

7. 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. <https://suicidepreventionlifeline.org/chat/>[☐]
- 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](http://www.veteranscrisisline.net/ChatTermsOfService.aspx?account=Veterans%20Chat)[☐]

8. 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. <https://www.hsdl.org/?view&did=727832>[☐]

9. 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/>[☐]

10. 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. <https://www.nami.org/Find-Support/Teens-Young-Adults/Friendship-and-Mental-Health/>[☐]

[☐] 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. Find them at the “Personal Empowerment Kits” link under “Trending topics” on the home page (no login needed).



Set your course





Recovery tools



11. Resources for specific populations:

Native American and Alaska Natives

- Wellbriety Circles for Native Americans. <https://whitebison.org/WellBriety.aspx>
- Medicine Wheel and 12 Steps — provides a culturally appropriate 12-Step program for Native Americans and Alaska Natives. https://whitebison.org/Training/Medicine_Wheel_And_12_Steps.aspx
- Center for Native American Youth <https://www.cnay.org/resource-exchange/>

Asian

- Asian American Health Initiative Resource Library. <http://aahiinfo.org/aahi-resources/>
- Asian Pacific Mental Health and Substance Abuse Resource Guide. https://www.aapcho.org/resources_db/mental-health-and-substance-abuse-resource-guide/
- National Asian American Pacific Islander Mental Health Association. <http://naapimha.org/>
- Selected Patient Information in Asian Languages (SPIRAL) by Topic from the Tufts University Hirsh Health Sciences Library. <http://spiral.tufts.edu/topic4.shtml/>

Black and African American

- Black Mental Health Alliance. <http://www.blackmentalhealth.com/>
- Black and African American Communities and Mental Health (Mental Health America). <https://www.mhanational.org/issues/black-and-african-american-communities-and-mental-health/>

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 tools




Hispanic and Latino

- Latino mental health help, NAMI.
<https://www.nami.org/Support-Education/Diverse-Communities/Latino-Mental-Health/La-salud-mental-en-la-comunidad-latina/>
- Latino Mental Health Facts from NAMI.
<https://www.nami.org/find-support/diverse-communities/latino-mental-health/>
- Mental Health: A Guide for Latinos and Their Families — a 22-min video.
<https://www.youtube.com/watch?v=7QgVi7suKvs/>

Lesbian, Gay, Bisexual, Transgender and Queer

- Family Acceptance Project.
<https://familyproject.sfsu.edu/resources/>
- Gay, Lesbian, Bisexual, and Transgender Mental Health Resources from NAMI.
<https://www.nami.org/Find-Support/LGBTQ>
- LGBTQ Youth: Voices of Trauma, Lives of Promise — 13-min video of LGBTQ youth who discuss their own trauma experiences and how they strengthened their resilience.
<https://www.nctsn.org/resources/lgbtq-youth-voices-trauma-lives-promise>
- The Trevor Project — resources and support for LGBTQ youth.
<https://www.thetrevorproject.org/>
- The Trevor Project National Survey on LGBTQ Youth Mental Health.
<https://www.thetrevorproject.org/wp-content/uploads/2019/06/The-Trevor-Project-National-Survey-Results-2019.pdf>

 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:

Notes:





Notes:

A man with a beard, wearing a dark t-shirt, is kneeling on the floor and lifting a young girl in a pink dress into the air. The girl has a surprised expression. In the background, a pregnant woman in a striped dress and grey cardigan is holding a white tablet, smiling and filming the scene. The room is bright with natural light from a window. There is a white fireplace mantel on the left and a radiator on the right.

Recovery, Resiliency and **EMPOWERMENT TOOLS**

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. Find them at the “Personal Empowerment Kits” link under “Trending topics” on the home page (no login needed).



11000 Optum Circle, Eden Prairie, MN 55344

Optum® is a registered trademark of Optum, Inc. in the U.S. and other jurisdictions. All other brand or product names are the property 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.

© 2020 Optum, Inc. All rights reserved. WF2487689 8/20