



Smartphone Apps for Substance Use Disorder Treatment/Recovery



Tools available for
you to work your
well-being.

Smartphone apps are valuable tools in supporting a person's recovery and resiliency. Below are the highest-rated public opinion apps that can help you determine your chance of drinking and **give support with your recovery and resilience**. These apps will help with meditation, finding a meeting, or reading an inspiration. You can find these apps at the iTunes or GooglePlay store by searching for "addiction recovery tools." This list is not all inclusive; check out your app store to determine what apps work best for you.

At-Risk Tools

1. Blood Alcohol Calculator

- Android – FREE
3.5 stars/547 ratings

If you have a serious drinking problem, you're more likely to put yourself in dangerous situations. Drunk driving is just one example. According to the [Center for Disease Control \(CDC\)](#) report, close to 30 people in the United States die each day as a result of drunk driving.

So before you get behind the wheel — after even just one drink — turn to Blood Alcohol Calculator (BAC) to learn if you're safe to drive. Input the number, size, and alcohol percentage of drinks you've had, along with the number of hours you've been drinking. You'll get your estimated alcohol content level, the information you need to keep yourself and others safe on the road.

2. AlcoDroid Alcohol Tracker

- Android – FREE
4.5 stars/2,348 ratings

Because alcohol can cause forgetfulness, sometimes the best way to uncover whether you have a drinking problem is to track it. AlcoDroid acts as a drinks diary. The tracking program helps you get a handle on whether you're drinking more than you'd like.

Other important features include a built-in blood alcohol content calculator and customizable drink presets. Log your liquor quickly and easily while on the go. Logbooks and charts show daily, weekly, and monthly consumption statistics, which are easily sharable with your doctor.

3. SoberApp — Alcohol Calculator

- Android – FREE
4 stars/575 ratings

When you're drunk, your learning abilities are hindered and your motor skills are impaired. Emotions are exaggerated, and your memories are fragmented. Clearly that's not the easiest time to track your drinking. That's where SoberApp comes in.

SoberApp monitors the number of drinks you've had and estimates your BAC and response times through a built-in response test. Just enter your gender, weight, and drinking details. The app also predicts when you'll be safe to drive and tells you where to find a nearby taxi. Features include photos of over 3,100 popular brands and cocktails to choose from, barcode scanning, and voice recognition. Finding your drink of choice becomes foolproof, even when you're at your most intoxicated.

You can find these apps at the **iTunes** or **GooglePlay** store by searching for "addiction recovery tools."

Meditation/ Journaling Tools

4. Stop Drinking with Andrew Johnson

- iPhone – \$2.99
4.0 stars/57 ratings
- Android – \$2.99
4.5 stars/29 ratings

People worldwide travel to England to attend life-changing lectures from licensed hypnotist and stress management expert Andrew Johnson. Now Johnson's thoughtful, inspiring words are ready to those interested in quitting drinking.

Stop Drinking with Andrew Johnson is a powerful motivational app designed to help you beat your alcohol cravings and break negative self-talk. Johnson's program relies on good relaxation, hypnotherapy, positive suggestions, and visualization to turn your self-destructive thinking and behavior around.

5. Twenty-Four Hours a Day

- iPhone – \$4.99
5 stars/18 ratings
- Android – \$4.99
4.5 stars/77 ratings

Anyone who's ever battled alcoholism will tell you that it takes round-the-clock effort. Enter *Twenty-Four Hours a Day*, the classic daily meditation book that has sold over nine million copies and has helped alcoholics worldwide.

Now, with the Twenty-Four Hours a Day app, it's even more portable. Turn to this complete collection of thoughts, meditations, and prayers anytime temptation overtakes you. The inspirational material has already encouraged legions of addicts along the road to recovery, and may help you, too.

6. Breathe2Relax

- iPhone – FREE
4.5 stars/22 ratings
- Android – FREE
4.0 stars/253 ratings

As you work through the steps to recovery from alcohol abuse, you're bound to hit a few emotional roadblocks now and then. Don't let anger, worry, sadness, or plain old stress de-rail you from achieving your goals of becoming sober. Take it one breath at a time.

Breathe2Relax monitors your breathing. It will tell you how to change the length of your breathing, and show you how each body system calms down when you focus on respiration.

Focused breathing tools can play a positive role not only in your fight to leave alcohol behind, but any stressful situation that crops up in your life.



7. White Noise Lite

- iPhone - FREE
4.5 stars/29 ratings
- Android – FREE
4.5 stars/24,895 ratings

Getting to sobriety can be an arduous task that may make you feel like your brain never stops. Thoughts about drinking and how it's affected your life swirl through your mind at the most inopportune times, like when you're trying to go to sleep. In time, your brain will calm down. For the moment, you need rest to have the strength for recovery.

Enter White Noise Lite, an app that distracts you from your thoughts through sound. Choose from 10 or 15 sounds that block noises that keep you awake. Playing around with the tools, alarms, volume, and pitch frequencies can be a distraction in of itself!

8. Mindfulness Meditation

- iPhone – \$1.99
4 stars/73 ratings

Following through with an alcohol recovery program takes every bit of strength and determination you have. Sure, it's stressful, but being healthier is worth it. Mindfulness meditation combines visualization and body awareness to help you relax and de-stress. Meditation teaches coping mechanisms so you can accept yourself without judgment. A 2009 issue of *Substance Abuse* even notes that meditation can be helpful to people struggling with alcoholism.

The Mindfulness Meditation app takes you through the steps of getting comfortable and scheduling meditation breaks throughout your busy day. You'll get plenty of tips along the way. Choose your meditation time (5, 10, 20 or 30 minutes), switch to the relax mode when you're done, and share your success on your favorite social media.

9. Control Alcohol

- iPhone – \$4.99
4.5 stars/16 ratings
- Android – \$4.99
4.5 stars/20 ratings

Trained practitioners have used hypnotherapy for centuries to create an aversion towards all kinds of substances, including alcohol.

Darren Marks, one of the UK's leading hypnotherapists, developed the Control Alcohol app. Its tools and programs help you be aware of your drinking limits and when to stop. Whether you want to stop drinking altogether or just cut back, Marks preps you for the steps. You'll enjoy several potent yet relaxing hypnosis audio sessions, accompanying video animations, interviews, and alcohol management tips. So sit back, relax, and reduce your drinking.



Journaling Tools

10. My Daily Journal

- iPhone – \$1.99
3 stars/84 ratings

As a recovering alcoholic, you've got a lot of personal homework to do. You'll need to make amends with friends and family members and become aware of triggers that cause you to drink. This will need a lot of journaling about feelings, thoughts, and actions.

My Daily Journal gives you a safe place to record your intimate thoughts and, when desired, to share them with others by way of social media outlets. Choose from a wide range of fonts, backgrounds, and colors. You can tag entries to return to them easily. All entries are password protected to make sure of your privacy.

11. Lift — Goal Tracking

- iPhone – FREE
4 stars/863 ratings

Quitting drinking is tough, no doubt about it. Encouragement, accountability, and support can all make the road to sobriety a smoother journey. Lift — Goal Tracking lets you document your progress so you can easily see how far you've come.

Create a goal of making it through just one day without a drink, then do it again the next day, and the next. Soon you'll be getting into new and healthier habits. You can also set reminder alarms to make sure you get to your AA meeting on time too.

Affirmations and Support Tools

12. Biblical Encouragement — Alcohol Addiction

- iPhone – \$0.99
4.5 stars/13 ratings

Some people turn to a higher power during periods of great hardship. If you're in the midst of a recovery program, you're probably feeling many difficult emotions and physical symptoms. WorldLink's Biblical Encouragement – Alcohol Addiction app provides uplifting biblical verses to match each one.

Start by selecting from 35 common feelings like addicted, anxious, doubtful, and frustrated. Take comfort from the verses and commentary provided. Even better, share these powerful statements with others struggling with alcohol addiction by way of email, text, and social media.

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Supports/12 Step Literature Tools

13. Joe and Charlie

- iPhone – \$2.99
4 stars/75 ratings

“The Big Book,” known as *Alcoholics Anonymous: The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism*, is the central core of the Alcoholics Anonymous (AA) recovery program. The writings outline each of the 12 steps to recovery, as well as personal stories that can inspire you to overcome alcohol addiction.

Joe and Charlie are lifelong friends who share an admiration of The Big Book. Their eponymous app has presentations Joe and Charlie have made about The Big Book throughout the years and around the country. Material includes chapters on AA history and doctors’ opinions on alcoholism.

14. Afternoon Affirmations

- iPhone – FREE
3 stars/22 ratings

Recovering from addiction or even just going through a tough time can make people focus on the dark side of life. Tough decisions and the negative emotions can make you question where life’s goodness is hiding.

The Afternoon Affirmations app inspires light, beauty, and peace. This app will give you positive energy to see your way through the darkness to the other side. A daily positive thought pings into your inbox around 1 pm. See an abbreviated version or expand to view an in-depth affirmation designed to fill you with a sense of calm and give you a gentle push onto the right path.

15. 12 Steps AA Companion

- iPhone – \$2.99
4 stars/24 ratings
- Android – \$1.99
4.5 stars/1,294 ratings

Since the 1930s, Alcoholics Anonymous (AA) and its well-known Twelve Step program have been helping alcoholics all over the world heal from addiction. The program has even been adapted to help other types of addictions including drugs, sex, gambling, and smoking. Now you can carry your Twelve Steps with you wherever you go with the 12 Steps AA Companion.

This app can help you view your length of sobriety, reread the groundbreaking *Alcoholics Anonymous: The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism*, say prayers, and make promises. Sometimes you just feel the need for some face-to-face talks with fellow alcoholics. Twelve Steps AA Companion can direct you to the nearest meeting and support services as well.

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16. One Day At A Time

- iPhone – \$1.99
3 stars/317 ratings
- Android – \$1.99
4.5 stars/530 ratings

Distractions can often help you feel better when cravings are at their worst. There's no better distraction than a good book — or in this case, *Alcoholics Anonymous: The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism*.

The One Day at a Time app brings “The Big Book” to you along with daily prayers, promises, and meditations. Sobriety tracking and helpful phone numbers keep you progressing or “stepping” in the right direction.

17. iPromises Recovery Companion

- iPhone – FREE
3.5 stars/75 ratings

Recovering from alcohol addiction means you're making a lot of changes in your life. You might be making new friends and leaving old ones behind. Daily or weekly support groups are sure to be in your already-busy schedule. Use this handy app to coordinate, communicate, and keep yourself accountable.

Choose from more than 12 different emotions and states of mind (ex. frustrated, tired, hungry, fearful) and record how you're feeling each day. Set reminders of meeting times or use the GPS to find a local AA meeting when you're out of town. A daily delivery of positive messages helps you stay on track with your goals. Make getting in touch with a friendly face easy by storing information for your family and friends.

18. Steps Away

- iPhone – FREE
4.5 stars/19 ratings
- Android – FREE
2 stars/273 ratings

Nobody likes to feel alone. When you're struggling to get sober, a network filled with supportive friends, family, and yes — even strangers — can be a tremendous help.

Your doctor most likely referred you to a local 12-step meeting where you can listen to the stories of those who have walked in your shoes and share your own.

Steps Away is a tool for managing your every day meetings and finding one when you're in need of someone to talk to. The GPS gives directions, shows mileage, and displays maps and times. All you need to do is show up and walk through the door.



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