



Recovery, resiliency and
EMPOWERMENT 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. **Action planning for prevention and recovery:** This booklet helps you with your own well-being. It is a tool kit to use when symptoms are getting in your way. It also helps you find and deal with triggers.

https://www.liveandworkwell.com/content/dam/laww/documents/guides/SAMHSA_Action_Plan.pdf

3. **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:

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



4. SuperBetter:

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

<https://www.superbetter.com/>

5. Mindful meditation:

Prefer listening and a laid-back approach to wellness? These online meditations can help you work your good mental and physical health. Research has shown meditation to be a helpful tool for people using behavioral health services.

<http://marc.ucla.edu/body.cfm?id=22>

6. 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).

www.whatsmym3.com

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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).

Online tools





Connect with family and friends

7. 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.

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

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

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

- Tracker for first week:

https://www.liveandworkwell.com/content/dam/laww/documents/guides/MyWholeHealthTracker_info_and_first_week.pdf

- Tracker for additional weeks:

https://www.liveandworkwell.com/content/dam/laww/documents/guides/MyWholeHealthTracker_additional_weeks.pdf

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Reach out for help



9. 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 through this link.
<https://suicidepreventionlifeline.org/chat/>
- Prefer to speak with someone from the military? **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 here.
<http://www.veteranscrisisline.net/ChatTermsOfService.aspx?account=Veterans Chat>
- Prefer to talk with someone who understands the issues facing LGBTQ youth? Call **1-866-488-7386**.

10. Peer warm lines:

Want to just talk to someone who has been there? If you are not thinking of suicide but just need to talk, a peer warm line is a great idea. People who have “been there” answer the phone and listen to your concerns. Find a warm line in your state here.

<http://www.warmline.org/>

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Set your course



11. 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 well-being booklet. Consumer-created videos, music and art can also be viewed on this site.

<https://www.facingus.org/>

12. 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.

<http://www.nrc-pad.org/>

13. Shared decision-making tools:

These resources from SAMHSA can help you think through and talk with your doctors about choices.

<https://www.samhsa.gov/brss-tacs/recovery-support-tools/shared-decision-making>

14. Identifying and coping with trauma:


People who have gone through trauma will find this tool an easy-to-use way of thinking about and moving toward health.

<https://www.hsdl.org/?view&did=727832>

15. 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.

<http://www.seekingsafety.org/>

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Recovery tools



16. 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/>

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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-minute 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-minute 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>[☐]

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Notes:



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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 grey cardigan and striped dress is holding a white tablet, smiling and filming the scene. The room is bright, with a large window and a colorful abstract painting on the wall.

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