



Family Recovery and Resiliency Tools



Some of the best
tools available for
your well-being.

reach out stay in touch

My doctor's number:

My benefit 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 to **support your loved one** and maintain your well-being. If you are looking for something between doctor and/or therapy appointments, try the following: You can play a great online game. You can create a Wellness Recovery Action Plan. You can join an online or face-to-face support group. You can call a peer warm line. The following pages include valuable tools for you at no additional charge. You can **explore these tools** and see what works best for you **in your journey to well-being**.

The information and links provided in this article were current at the time of publishing. The tools and 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.














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).


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 well-being. <https://www.liveandworkwell.com/public/>

2. 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. http://www.aa.org/pages/en_US/find-aa-resources 
- AA meetings online. <http://www.aaonline.net/> 
- Al-Anon online. <http://al-anon.alateen.org/local-meetings> 
- Depression and Bipolar Support Alliance (both online and face-to-face). http://www.dbsalliance.org/site/PageServer?pagename=peer_landing 
- Mental Health America. <http://www.nmha.org/go/searchMHA> 
- Narcotics Anonymous (NA) meetings by location. <http://www.na.org/meetingsearch/> 
- National Alliance on Mental Illness (NAMI). <http://www.nami.org/> 
- NAMI Online Groups. <https://www.nami.org/Discussion-Groups> 
- Support groups for parents of children with issues related to bipolar. <http://www.kristen-mcclure-therapist.com/bipolarsupportgroups.html> 
- Parenting support group. <http://www.dailystrength.org/support-groups/Childrens-Health-Parenting> 
- Domestic violence online support group. <http://www.stopabuseforeveryone.org/finding-help/visit-our-online-support-group.html> 

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3. 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 three 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 click the “Suicide Prevention Education Program” link in the “Learn” section. www.liveandworkwell.com (login required)

4. 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/>[🔗]


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Support for Friends and Family

5. 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 two brochures are about depression and bipolar, but can be helpful for everyone.
 - **Family and Friends' Guide to Recovery from Depression and Bipolar Disorder** <http://www.dbsalliance.org/pdfs/FamilyBookFinal.pdf>
 - **Helping a Friend or Family Member with Depression or Bipolar Disorder** <http://www.dbsalliance.org/pdfs/helpingfriendfamily04.pdf>
- This one looks at time in the hospital from the family and friend perspective. <http://www.dbsalliance.org/pdfs/familyhospitalization.pdf>

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Support for Friends and Family

6. 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. <https://www.nami.org/Find-Support/NAMI-Programs> 
- American Association of Child and Adolescent Psychiatry. https://www.aacap.org/AACAP/Families_and_Youth/Family_Resources/ 

7. 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 he or she can not 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.

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

8. Shared Decision Making Tools: These tools help you and your loved one think through and talk with their doctors about choices around various treatment options:

- SAMHSA: Shared Decision Making Aid for Mental Health. <http://store.samhsa.gov/shin/content/SMA09-4371/SMA09-4371.pdf> 

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Available Resources

9. 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.
http://dhhs.ne.gov/behavioral_health/Documents/Spanish-PictureRecoveryWorkbook.pdf
- Hispanic mental health help. <http://www.nrchmh.org/>
- Asian and Pacific Islander mental health help. <http://naapimha.org/>
- Asian and Pacific Islander addiction help. <http://www.napafasa.org/>
- African American mental health help. <http://www.blackmentalhealth.com/>

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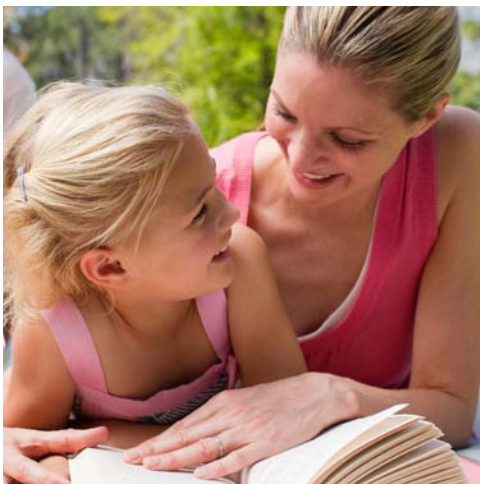
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Recovery Tools

10. Suicide Hotline: Loved one needs help? Do not hesitate.

- **1-800-273-TALK.**
- Spanish Language line — **1-888-628-9454.** They also provide the Tele-Interpreters service that can support over 150 languages.
- If they prefer to chat online, they can connect via this link.
<http://suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx>[☐]
- 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 online via this link. [http://www.veteranscrisisline.net/ChatTermsOfService.aspx?account=Veterans Chat](http://www.veteranscrisisline.net/ChatTermsOfService.aspx?account=Veterans%20Chat)[☐]
- Need someone who understands the issues facing LGBTQ youth? Call **1-866-488-7386.**

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