

## [Wellness and healing](#)

Healing and wellness is important for preventing substance use disorders (SUDs) and aiding recovery. Healing can happen for individuals, families and communities.

[Expand all](#)

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### **Recovery**

[Recovery stories](#): Hear stories of recovery from real people across Minnesota in this online collection.

[Steve Rummler Hope Network: Find a detox program in Minnesota](#): Use this map to find a nearby treatment center and start the path to recovery today.

[What individuals in recovery need to know about wellness](#): Find out how maintaining wellness can help people recovering from substance use disorder to live longer and more fully.

Read more recovery stories at [Voices and Faces of Recovery](#) and find out how people across the country started their journey to recovery.

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### **Mindfulness**

Mindfulness is “the art of being present in your own life”. Practicing mindfulness by living in the moment and listening to your breathing can support recovery from substance use. In fact, research has found that mindfulness can reduce pain and help people recognize and manage certain emotions.

Join Changemaker and trauma-informed yoga instructor, Jenna Dickinson, for a series of videos to help you focus on the present moment through breath work and

physical exercises.

**Breathwork**

**Peace within**

**Mindfulness using our hands**

**Yoga for Kids Color Visualization**

**Intro to Trauma-informed Yoga for Kids**

**Tapping to release big emotions**

**Body scan meditation**

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**SAMHSA virtual recovery resources**

**Virtual recovery supports**

**[Virtual Recovery Programs Alcoholics Anonymous](#)**

Offers online support.

**[Cocaine Anonymous](#)**

Offers online support and services.

**[LifeRing](#)**

Offers online support.

### **In The Rooms - Online Recovery Meetings**

Provides online support through live meetings and discussion groups.

### **Marijuana Anonymous**

Offers virtual support.

### **Narcotics Anonymous:**

Offers a variety of online and Skype meeting options.

### **Reddit Recovery**

Offers a virtual hang out and support during recovery.

### **Refuge Recovery**

Provides online and virtual support.

### **Self-Management and Recovery Training (SMART) Recovery**

Offers global community of mutual-support groups, forums including a chatroom and message board.

### **Sobergrid**

Offers an online platform to help anyone get sober and stay sober.

### **Soberistas**

Provides a women-only international online recovery community.

### **Sober Recovery**

Provides an online forum for those in recovery and their friends and family.

### **We Connect Recovery**

Provides daily online recovery groups for those with substance use and mental illness.

## **Helpful resource hotlines**

### **988 Suicide and Crisis Lifeline**

Anyone experiencing a mental health crisis can call or text 988 to be connected with support and resources. Online chat is also available at [988lifeline.org](https://www.988lifeline.org).

The old SAMHSA National Suicide Prevention Lifeline number (1-800-273-TALK

(8255)) will still offer support to those in crisis.

### **SAMHSA's Disaster Distress Helpline**

Toll-Free: 1-800-985-5990 (English and español)

SMS: Text TalkWithUs to 66746

SMS (español): "Hablanos" al 66746

TTY: 1-800-846-8517

Website (English): <https://www.disasterdistress.samhsa.gov>

### **SAMHSA's National Helpline**

Toll-Free: 1-800-662-HELP

24/7/365 Treatment Referral Information Service in English and español

Website: <https://www.samhsa.gov/find-help/national-helpline>

### **Treatment Locator Behavioral Health Treatment Services**

Toll-free:1-800-662-HELP (4357)

Website:<https://findtreatment.gov/>

### **SAMHSA Disaster Technical Assistance Center**

Toll-Free:1-800-308-3515

Email: [DTAC@samhsa.hhs.gov](mailto:DTAC@samhsa.hhs.gov)

Website: <https://www.samhsa.gov/dtac>

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### **YouFirst! Wellness Kit**

Wellness is an important aspect of all careers but is especially important for those that involve serving others each day. The You First! Wellness kit is a resource for public health professionals, peer recovery specialists, social workers, and others in helping professions to care for themselves. With this collection of resources, we hope you feel seen, heard, and supported in the vital work you undertake every day.

[YouFirst! Wellness Kit](#)

## Sources

Hazelden Betty Ford Foundation. (2021). *5 Mindfulness Practices to Step Up Your Recovery*. Retrieved from <https://www.hazeldenbettyford.org/articles/5-mindfulness-practices-to-step-up-your-recovery>

Zeidan, F., & Vago, D. R. (2016). Mindfulness meditation-based pain relief: a mechanistic account. *Annals of the New York Academy of Sciences*, 1373(1), 114–127. <https://doi.org/10.1111/nyas.13153>

