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.
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
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

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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

