

# ROADS TO RECOVERY NEWSLETTER

Created by Dual Recovery at Ascend Mental Wellness  
to support individuals in recovery

A newsletter for you  
and about you



## SPOTLIGHT TOPIC

### Problem Solving or Overthinking?

By Ginger Miller

Overthinking is something we've all done whether it is replaying the past, catastrophizing the future, or getting stuck in loops of doubt and analysis. It feels like problem-solving, but usually just leaves us anxious, overwhelmed and stuck. Overthinking is sneaky because it feels responsible. It disguises itself as "being thorough."

There's a fine line between thinking things through and being trapped in a mental escape room designed by your own brain. Problem solving is productive. It rolls up its sleeves, grabs a whiteboard marker, and says, "Okay, what are the options?" Overthinking, on the other hand, lights a candle, plays dramatic music, and whispers, "But what if this tiny decision alters the entire course of human history?"

So, how can you tell if you're starting to overthink instead of problem solving? Here are some things you can ask yourself.

1. Have I made any progress or am I just running down a bunch of corridors or looping? If you haven't, you are overthinking. In problem solving you can see progress. Keep in mind that overthinking can try to convince you that thinking in and of itself is moving forward. If you've thought the same thought more than three times without new information, you're not analyzing, you're marinating.
2. Am I moving forward? Problem solving gives you actionable steps. Has there been any movement on it? Overthinking produces exhaustion.
3. Am I feeling stressed or focused? Problem solving feels steady. Overthinking feels tight like a clenched jaw, shallow breathing, anxiousness, sudden urge to Google worst-case scenarios at 1:13 a.m.
4. Have you become obsessed with unlikely outcomes? If your brain jumps from "I made a typo" to "I will never financially recover from this," that's not strategy. That's drama.
5. Are you trying to eliminate all uncertainty? Spoiler alert: you can't. Overthinking believes certainty is achievable. Problem solving understands risk is manageable.
6. Are you stuck in 'what if' scenarios? Productive thinking asks, "What can I do?" Overthinking causes worry and asks, "What if everything goes wrong and I embarrass myself in front of everyone I've ever met?" Problem solving is less glamorous but far more effective.

## IN THIS ISSUE:

**SPOTLIGHT TOPIC**  
Problem Solving or Overthinking?  
PAGE 01 - 02

**NEW**  
Warren/Washington  
Connections  
Hope & Healing Recovery  
Community Center  
PAGE 02

**HEALTH & WELLNESS**  
The Importance of Nutrition  
PAGE 03

**MENTAL HEALTH  
MANAGEMENT**  
CBT In Recovery - Learning  
to Talk Back to Our Thoughts  
PAGE 04

**IS THIS MEETING FOR YOU?**  
Un  
PAGE 05

**INSPIRATION & MOTIVATION**  
PAGE 05

**CREATIVE WRITING CORNER**  
PAGE 05

Riddles Of The Month  
PAGE 05

**NEW**  
PERSONAL STORIES/  
MOMENTS THAT MATTER  
A Personal Path to Recovery  
PAGE 06

**RECOVERY RESOURCES**  
PAGE 06



# Problem Solving (Con't)

The irony is that overthinkers are often smart, conscientious people who care deeply about outcomes. But caring is most powerful when paired with motion.

If you are now recognizing that your thinking is not problem solving, you may be wondering how to shift your focus forward with more clarity and calm. Whether you struggle with indecision, worry, self-criticism or just want to feel more in control of your mind, here is a brief outline to help guide you.

1. Define the real problem. Not "My life is falling apart." More like, "I'm overwhelmed because I have three deadlines this week." Specific beats dramatic every time.
2. Separate facts from stories. Fact: Your boss asked for revisions. Story: She secretly regrets hiring you and has started a company thread about it. Work with facts.
3. Generate options (even imperfect ones). You don't need the perfect move. You need the next move. Remember, problem solving understands risk is manageable.
4. Choose a reasonable action. Not necessarily the safest. Not the most flawless. Just reasonable.
5. Set a thinking time limit. Give yourself 20 minutes to think. When the timer ends, decide something. Overthinking thrives in open-ended mental leases.

So the next time your brain starts staging a three-act tragedy over a minor decision, try this: Ask, "Is this helping me act — or helping me spiral?" Then take one small step, even if it is imperfect. Your brain might protest, and that's okay. It's used to running marathons on a treadmill. Let it know you're going somewhere real now.



Warren/Washington Connections is a new feature to our Newsletter. This section will provide information on resources that may be helpful to you or someone you support in our local communities.

# WARREN/WASHINGTON CONNECTIONS

## Hope & Healing Recovery Community Center



Hope & Healing Recovery Center is safe space to find peer recovery support services for individuals over 18 years old. Services are peer driven and peer delivered support including recovery coaches, recovery enhancement courses, wellness programming, education, life skills, community service opportunities, and mutual aid and peer support meetings.

Who is Recovery for? Everyone! Individuals struggling with substances. Individuals who have chosen to live substance free and are looking for support. Family members and friends who have been impacted by a loved one's struggle with substances. Addiction is a "family disease"; family members and friends can find their own recovery with and/ or without their loved one.

How is recovery different from treatment? Treatment is one of many pieces/pathways of recovery. Pathways of Recovery are the different ways that people recovery, the process of change. Most people use more than one pathway as different pathways support different pieces of the lifestyle. The pathways of recovery are as varied as individuals who are in recovery or struggling. Some examples of pathways are Treatment, Medication Assisted Recovery, Harm Reduction, Peer Support, Faith Based, Spiritual, Health and Wellness, Arts/Music, Natural, Mutual Aid (AA/NA/HA/etc...), Service, and More! At Hope & Healing they embrace all pathways to recovery.

For details about events, meetings, and resources please visit - <https://sites.google.com/view/hopeandhealingrecovery>  
Hope & Healing can also be found on Facebook, including their calendar of events.  
Hope & Healing is located at 37 Chester Street, Glens Falls, NY 12801.  
For more information call 518-480-5499.



# HEALTH & WELLNESS

## The Importance of Nutrition

By Jared Race

Healthy lifestyle choices, however you may define them, are an important piece of recovery. While abstinence or sobriety is often used to define recovery, there are many factors that play into our ability to succeed and thrive on this journey. Use of coping mechanisms, self-care, social networks, etc. are just a few examples. One particular element which is quite impactful on both mental and physical health is nutrition.

Adequate nutrition is proven to decrease the likelihood of developing multiple serious, sometimes life-threatening diseases such as diabetes, stroke, heart disease, even some types of cancer. Beyond this, nutrition influences the health of many organs, such as the brain, the control center of all behavior, emotion, and thought. Below are some examples of how specific nutrients can impact brain function.

- Omega-3 Fatty Acids: Decreases cognitive decline with age and may have a positive impact on mood disorders.
- B Vitamins: Shown to improve memory in women of various ages.
- Vitamin D: Helps preserve cognition in older populations.
- Vitamin E: May improve brain function after traumatic injury.
- Iron: Shown to stabilize cognition in young women.

**Note: deficiency in many different vitamins and minerals is associated with various psychiatric conditions in both children and adults.**

What specific actions can we take to improve our diets? While the amount of research towards nutrition is abundant, and on occasion, contradictory, what follows are some well established conclusions regarding dietary choices. Having a good mix of all 4 macronutrients (carbohydrates, lipids/fats, protein, and water) is ideal. The Food and Drug Administration recommends that 45% - 65% of your daily calories come from carbohydrates, 20% - 35% from fats, and 10% - 35% from protein.

Carbohydrates are the body's main source of energy. Some healthy carbs include vegetables, fruits, and whole grains. When consuming carbohydrates, it is generally best to avoid products with added sugars or stick with low sugar options.

Fats are used in a variety of functions, such as protection of internal organs, insulation, and energy storage. Unsaturated fats are one healthy source, which are liquid at room temperature, such as vegetable and nut based oils. Some unsaturated fats are associated with reducing LDL cholesterol (bad) and increasing HDL cholesterol (good).

Proteins are essential for tissue growth and repair, immune system function, proper digestion, hormone production, among other bodily functions. Lean meats, low fat dairy products, and nuts are all great sources of protein.

Water does not provide any of the calories in our diet. However, it is essential to drink water for every major function of the body. While the recommended daily intake depends on multiple factors such as age, sex, and activity level, it is good practice to drink water throughout the entire day. To increase your water intake, it may be helpful to carry a water bottle with you and replace sugary drinks with low calorie options such as sparkling water, flavored water, or tea.

There are many different strategies to approach recovery, and what helps some may not be the best for others. With that said, a balanced diet is important for both mental and physical health. Even small changes to our dietary habits can lead to huge improvements!





# MENTAL HEALTH MANAGEMENT

## CBT in Recovery: Learning to Talk Back to Our Thoughts



BY MCKENZIE SECOR

In recovery, a lot of the work happens in our heads. Many of us didn't just struggle with substances or behaviors, we struggled with the thoughts that told us we weren't good enough, strong enough, or capable of change. Cognitive Behavioral Therapy (CBT) helps us slow things down and learn how to respond to those thoughts instead of automatically believing them.



CBT is based on a simple but powerful idea: what we think affects how we feel, and how we feel affects what we do. In active use or unhealthy patterns, our thoughts can get loud and convincing. Thoughts like "I can't handle this," or "What's the point?" can push us right back into old behaviors. CBT helps us notice those thoughts and gives us tools to challenge them.

One of the biggest gifts of CBT in recovery is awareness. It helps us catch ourselves in the moment, before a thought turns into a feeling, and before a feeling turns into an action we regret. Instead of reacting on autopilot, we learn how to pause and ask, "Is this thought helping me right now?"

CBT also helps us understand our triggers. Triggers aren't just places or people, they're emotions like stress, loneliness, guilt, or even success. Through CBT, we learn to recognize patterns and prepare for them, instead of being blindsided. That preparation can make all the difference, knowledge is power.

What makes CBT especially useful in recovery is that it focuses on skills, not shame. It doesn't label us as broken or weak. It recognizes that many of our coping strategies once helped us survive, they just don't serve us anymore. CBT teaches us healthier ways to cope, like grounding ourselves, talking back to negative self-talk, and choosing responses that align with our recovery.

For those of us in dual recovery, CBT can be a game-changer. Mental health symptoms and substance use often feed into each other, and CBT helps untangle that cycle. It reminds us that we're not failing, we're learning. Have some grace for yourself and be patient, Rome wasn't built in one day.

CBT also supports one of the most important recovery principles: progress, not perfection. We're going to have hard days. We're going to slip into old thinking sometimes. CBT helps us learn from those moments instead of beating ourselves up for them.

At the end of the day, CBT gives us something many of us lost along the way: choice. Choice in how we think, how we cope, and how we move forward. Recovery isn't about never struggling; it's about having tools when we do. And CBT is one of those tools that reminds us we're not powerless against our own minds.

*Editors note: ASCEND Peers are not therapists, counselors, or psychiatrists. However, many therapeutic tools are part of what Peers learn on their own wellness journeys, and they are eager to share strategies that have been helpful to them. If you would like to learn more about Cognitive Behavioral Therapy (CBT), including its tools and how to begin practicing them, most counselors, therapists, and psychiatrists are trained in CBT. We encourage you to speak with your medical professional for guidance. If you need assistance finding a qualified medical professional in your area, that is something ASCEND Peers can help you with.*

Open Access at Caleo Counseling Services (ASCEND's Clinical outpatient mental health clinic) is available Monday through Thursday from 9:00 AM to 12:00 PM and 1:00 PM to 3:00 PM at 3043 State Route 4 in Hudson Falls, NY. Mental health clinicians' availability may vary for mental health assessments, and treatment recommendations or referrals will be made as appropriate. Please note that Open Access services are for adults only.



# IS THIS MEETING FOR YOU?

## Recovery International

Recovery International (RI) is a self-help **mental health program** that offers you a proven method to build and maintain your emotional health using cognitive behavioral tools. To gain inner peace, you learn how to change the way you respond to people and everyday stressful situations. Additionally, you learn how to identify and manage negative or insecure thoughts and impulses that can lead to emotional distress and symptoms. They call these simple expressions and tools “spots”, are part of the Recovery Method. They offer peer-led group meetings via phone, Zoom, chat and in-person. They encourage you to request and review their Newcomer Packet before attending your first meeting. They even have special meetings just for newcomers to learn RI concepts and the 4-Step Method. As a member you can access their private Facebook Page for support 24/7. They also offer meetings in Spanish and Japanese as well as special focus such as; Young Adults, Caregivers, Chronic Physical Conditions, For Grief, Peace with Eating, and For 12 Step People. Find out more at [RecoveryInternational.org/newcomers](http://RecoveryInternational.org/newcomers). You can also phone their office at 312-337-5661 for more information or for help signing up for a meeting.

Currently there aren't any RI in person meetings in Northeastern NY, they are all in New York City or western NY. If you would be interested in attending an in person RI meeting in our area please email [gmilller@ascendmw.org](mailto:gmilller@ascendmw.org) with your name and phone number. We are currently looking into the possibility of bringing this meeting to the Glens Falls area.



# INSPIRATION & MOTIVATION

Once upon a time a daughter complained to her father that her life was miserable and that she didn't know how she was going to make it. She was tired of fighting and struggling all the time. It seemed just as one problem was solved, another one soon followed. Her father, a chef, took her to the kitchen. He filled three pots with water and placed each on a high fire. Once the three pots began to boil, he placed potatoes in one pot, eggs in the second pot, and ground coffee beans in the third pot. He then let them sit and boil, without saying a word to his daughter. The daughter, moaned and impatiently waited, wondering what he was doing.

After twenty minutes he turned off the burners. He took the potatoes out of the pot and placed them in a bowl. He pulled the eggs out and placed them in a bowl. He then ladled the coffee out and placed it in a cup. Turning to her he asked, “Daughter, what do you see?” She hastily replied, “Potatoes, eggs, and coffee.” “Look closer,” he said, “and touch the potatoes.” She did and noted that they were soft. He then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, he asked her to sip the coffee. Its rich aroma brought a smile to her face. “Father, what does this mean?” she asked.

He then explained that the potatoes, the eggs and coffee beans had each faced the same adversity– the boiling water. However, each one reacted differently. The potato went in strong, hard, and unrelenting, but in boiling water, it became soft and weak. The egg was fragile, with the thin outer shell protecting its liquid interior until it was put in the boiling water. Then the inside of the egg became hard. However, the ground coffee beans were unique. After they were exposed to the boiling water, they changed the water and created something new.

“Which are you,” he asked his daughter. “When adversity knocks on your door, how do you respond? Are you a potato, an egg, or a coffee bean? “

Moral: In life, things happen around us, things happen to us, but the only thing that truly matters is what happens within us. Which one are you?



# CREATIVE WRITING CORNER



If I could go back in time, I'd like to go back to the early 1700's when my relatives first arrived here. It would be interesting and I could get a better appreciation of all that they endured. I would take my knowledge and experience from the current time period, my life experiences to them to enlighten them, encourage them, and teach them many things that have made a better, easier life.

~ Marsha R.



Every morning, a small paper boat appears in my kitchen sink. Each one has only a single word on it. Over time the words formed a message just for me.

It's...just...a...bad...day...not...a...bad...life. This message helped me remember it's just one day that is bad, not every day. I take one day at a time, one minute or even one second at a time, whatever it takes.

~ Rhonda



If I could, during winter I would go to Florida because I have been there twice and I went during the winter. I loved being able to wear spring time clothes and I loved going to Disney World. The first time I went with my father, we were staying with his friends and there was a big tree in the yard that they were all trying to cut down. In Florida they have fire ants and I got bit by them all over my body. I was uncomfortable but I was still happy to go to Disney World. The second time I went with my husband and my kids, I loved seeing it through the eyes of my kids.

~ Beth W.



During the season of Lent, every Friday my shadow leaves, I mourn his absence. Then when Good Friday comes he left for the day but at evening time he came bringing me a jar full of lightning bugs. I kept them until Easter morning.

~ Anita K



We would love to hear from you! If you'd like to share a poem you've written, some creative writing you've done or a piece of your recovery story we would love to add it to our newsletter to help support or inspire our readers. Not sure what to write about? We'll provide prompts each month as an option.

## January/February Prompts

1. Write about someone who made a difference in your life and they probably don't even know it.
2. Write about a magical pair of ice skates.

To submit your writing please email it to [gmler@ascendmw.org](mailto:gmler@ascendmw.org) or mail it to ASCEND Dual Recovery Department, 230 Maple St., Glens Falls, NY 12801.

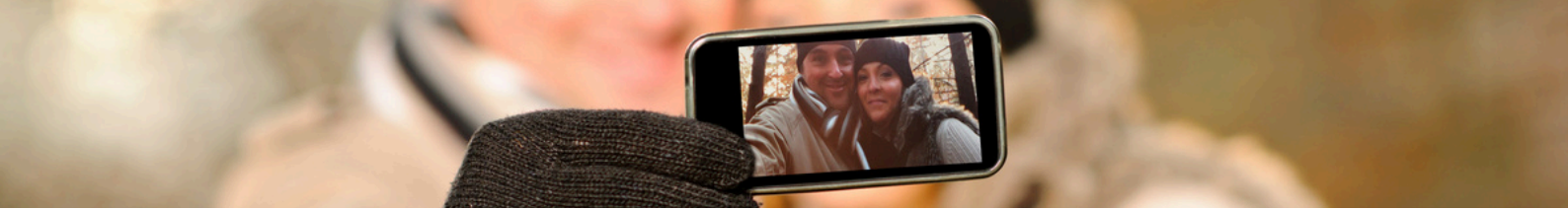
## Riddles of the Month:

1. What do you get when you cross a snowman and a vampire?
2. What do you call a snowman with a six pack?



## Riddle Answers

1. Frostbite
2. An abdominal snowman.



# PERSONAL STORIES/ MOMENTS THAT MATTER

BY MCKENZIE SECOR

Alcoholics Anonymous: A Personal Path to Recovery

I never felt I had an alcohol “problem” and I was “no alcoholic”, I was able to limit how much I drank and when I drank, I was able to still go to work or do my daily duties. However, after learning about the pieces I didn’t think were an issue for myself because they weren’t an issue for others, I had found I really did struggle with alcohol. I went to my first meeting on a Thursday afternoon with a CRPA and realized I wasn’t the only one with those same thoughts and struggles. Alcoholics Anonymous (AA) is a fellowship for people who want to stop drinking or are questioning their relationship with alcohol. It’s for those who feel alcohol has taken more than it was giving, whether that shows up in relationships, work, health, parenting, or simply how someone feels about themselves. You don’t have to identify as an “alcoholic,” hit rock bottom, or know exactly what you want yet. The only requirement is a desire to stop drinking.

AA is for people at all stages of the journey. Some are newly sober or still struggling. Others have years of sobriety and continue to come back because of the connection and support they get in AA. People attend AA while in inpatient or outpatient treatment, after treatment ends, or as their primary source of support. Many also balance recovery with jobs, families, and everyday responsibilities. I personally found AA first coming into recovery after incarceration when I was given 3 meeting logs a week. I wasn’t thrilled; however it became a routine, I needed routine back in my life.

Meetings are built around honest conversation and shared experience. People talk about what life looks like with and without alcohol, the challenges, the growth, and small daily wins. Common topics include: Managing cravings and urges, Coping with stress, anxiety, grief, and anger, Repairing relationships and rebuilding trust, Navigating work, parenting, and daily responsibilities in sobriety, Learning healthier coping skills and routines, Shame, guilt, and learning self-forgiveness, and Celebrating milestones and progress, even when it feels small.

No one is required to speak, and pressure is discouraged. Instead, members share what has helped them personally. This creates a space that feels safe, respectful, and free of judgment. I remember for myself I was shy to speak or share for the first few weeks. As time passed I finally raised my hand and shared and continued in hopes that it encouraged the next person on their path as it did me.

The Twelve Steps offer a framework for self-reflection, accountability, and personal growth. While AA uses spiritual language, it is not religious. Members are encouraged to define spirituality, or meaning and purpose, in their own way. Many people focus on the sense of community and shared support rather than beliefs.

Over time, AA often becomes a place of belonging. Sponsors are members with at least a year of lived experience in sobriety who offer guidance, encouragement, and support, especially during difficult moments. For many, AA is the first space where they feel truly understood.

AA does not promise perfection or an easy path. What it offers is something deeper, connection, honesty, and hope. Recovery happens one day at a time, and in AA, no one must walk that path alone. This is a great meeting to try and commit yourself to. You will find many connections who will welcome you and help guide you. There are many types of AA meetings available and can be found on the [www.aa.org](http://www.aa.org) website or by downloading the AA meeting finder app, there is a printed meeting list for your area as well. I always encourage you to find what works best for you and don’t force what doesn’t.

# RECOVERY

## Resources

### PHONE NUMBERS

**Life Line Mental Health Crisis & Suicide Prevention:** 24/7 support for people in emotional distress or suicidal crisis. **Call or Text 988** When calling Press 1 for Veterans, Press 2 for Spanish, Press 3 for LGBTQIA+, or visit [988lifeline.org](https://988lifeline.org)

**Mobile Crisis:** Meet a clinician in an agreed-upon location. 518-741-6099

**Crisis Text Line:** 24/7 for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. Text 'HOME' to 741741

**United Way:** 24/7 Connects you to a community resource specialist who can put you in touch with local organizations that provide critical services. English and **Spanish** Dial 211

**Never Use Alone Crisis Prevention Center:** A toll-free nationwide overdose prevention, detection, crisis response and reversal lifeline services for people who use drugs while alone. The all volunteer peer-run call center operators are available 24-hours a day, 7 days a week, 365 days a year. No stigma. No judgment. Just love! 800-484-3731

**Rose House Warm Line:** 24/7 A safe place to stay or someone to talk to. 518-502-1172

**National Domestic Violence Hotline:** confidential support 24/7/365 **English, Spanish and 200+ languages through interpretation service** 800-799-7233 or Text 'START' to 88788

**National Sexual Assault Hotline RAINN** (Rape, Abuse, Incest National Network): 24/7 1-800-656-HOPE (4673) or visit [online.rainn.org](https://online.rainn.org).

**The Trevor Project:** 24/7 crisis support services for LGBTQ young people. Text, chat, or call anytime to reach a trained counselor: [thetrevorproject.org/hotline](https://thetrevorproject.org/hotline): 866-488-7386 or Text 'START' to 678678

**National Center for PTSD Helpline:** 1-800-273-8255

**National Alliance on Mental Illness (NAMI):** Hotline staff are prepared to answer any mental health questions you may have. (800) 950-NAMI (6264)

**Problem Gambling Northeast Resource Center:** (518) 801-1491

**Substance Abuse and Mental Health Services Administration (SAMHSA):** Available 24/7, 365 days a year: (800) 662-HELP (4357). The professionals on the phone can provide treatment information and referrals in English and **Spanish**.

**National Institute of Mental Health (NIMH):** Available 8:30am to 5pm EST: (866) 615-6464 or (866) 415-8051 (TTY). Professionals can answer any mental health related questions in English or **Spanish**.

**Boys Town:** Specially trained counselors are available 24/7, 365 days a year to provide crisis support specifically for children and their families: (800) 448-3000

**National Eating Disorders Association:** 24/7 crisis support Text 'NEDA' to 741741

**National Human Trafficking Hotline:** Serving victims and survivors. Toll-free hotline is available from anywhere in the country, 24/7, 365 days a year at 1-888-373-7888

### WEBSITES

**Al-Anon and Ala-teen Groups:** Hope and help for families and friends of alcoholics: [al-anon.org](https://al-anon.org)

**Alcoholics Anonymous (AA):** Local group schedule and information: [district13.aahmbny.org](https://district13.aahmbny.org) To speak to someone local call 518-463-0906

**Debtors Anonymous:** Offers hope for people whose use of unsecured debt causes problems and suffering in their lives and the lives of others: [debtorsanonymous.org](https://debtorsanonymous.org)

**Digital Recovery Support:** Online recovery support groups are available daily. They are open to anyone who is dealing with substance use, mental health conditions, and any other quality of life concerns. Meetings are led by peer recovery support specialists who have firsthand experience and understand what you're going through: [www.recoveryanswers.org](https://www.recoveryanswers.org)

**Gamblers Anonymous (GA):** Online services for anyone struggling with a gambling addiction: [gasteps.org](https://gasteps.org)

**Grief Recovery After a Substance Passing (GRASP):** For those who have lost someone to substance use or addiction: [grasphelp.org](https://grasphelp.org)

**In The Rooms:** A free online recovery tool that offers 130 weekly online meetings. We embrace multiple pathways including all 12 Step, Non-12 Step, Wellness and Mental Health modalities. Other resources available also such as news, blogs, guides, and more <https://www.intherooms.com/home/>

**Narcotics Anonymous (NA):** local group schedule and information: [narcotics.com](https://narcotics.com)

**Overeaters Anonymous (OA):** Online support groups for anyone who wants to stop eating compulsively: [oarecovery.com](https://oarecovery.com)

### PODCASTS

**Mental Illness Happy Hour:** Weekly interviews with comedians, artists, friends, and the occasional doctor.; exploring mental illness, trauma, addiction and negative thinking.

**This Naked Mind:** Some of the episodes discuss alcohol withdrawals, the link between drinking and binge eating, how to deal with loneliness, and more.

**Recovery Rocks:** Our varied paths show listeners that there are a myriad paths to recovery and countless songs to rock out to along the way.

**Mental Health - Hope and Recovery:** They share inspirational true stories and a host of recovery skills. You'll learn about treatment options, coping skills, goal setting, relationships, and mindfulness.

### APPS

**Addiction Apps:** Twenty-Four Hours A Day (Free), Quit That! Habit Tracker (Free), NoMo (Free)

**Anxiety Apps:** MindShift (Free), Self-Help Anxiety Management – SAM (Free)

**Bipolar Disorder Apps:** IMoodJournal (\$), EMoods (Free)

**Counseling Apps:** TalkSpace (\$\$) BetterHelp (\$\$) Larkr (\$\$) ReGain (\$\$) TeenCounseling (\$\$)

**Depression Apps:** Talk Space Online Therapy (\$\$), Happify (Free), MoodTools (CBT; Free)

**Eating Disorder Apps:** Recovery Record (Free), Rise Up & Recovery (Free), LifeSum (Free)

**General Mental Health Apps:** What's Up (CBT; Free) Mood Kit (CBT; \$)

**Mindfulness & Meditation Apps:** Calm (\$), Serenity: Guided Meditation & Mindfulness (Free)

**Obsessive Compulsive Disorder Apps:** nOCD (Free), Worry Watch (\$), GG OCD (Free)

**PTSD Apps:** PTSD Coach (Free), Breathe2Relax (Free)

**Schizophrenia Apps:** UCSF Prime (Free), Schizophrenia Health Story Lines (Free)

**Suicide Prevention Apps:** MY3 (Free) notOK (Free)

**Wellness:** Wellness Recovery Action Plan (Goal Setting; Free)

THANKS FOR READING! :)

IF YOU WOULD LIKE TO SUBSCRIBE TO OUR NEWSLETTERS, PLEASE EMAIL US AT [GMILLER@ASCENDMW.ORG](mailto:GMILLER@ASCENDMW.ORG) OR CALL 518-401-5991



Check Out Our **Peer Perspective Podcast!**  
On **ASCENDMW.org**, **SPOTIFY**, **iHeart Radio**,  
**Apple Podcast**, and **Amazon**

#### ASCEND DUAL RECOVERY SUPPORT GROUP

EVERY TUESDAY  
4:15-5:15 PM OPEN DISCUSSION/RECOVERY TOPICS  
HOPE & HEALING RECOVERY CENTER:  
37 CHESTER STREET, GLENS FALLS  
IN PERSON OR  
VIRTUALLY - ZOOM MEETING ID: 844-2214-0148

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