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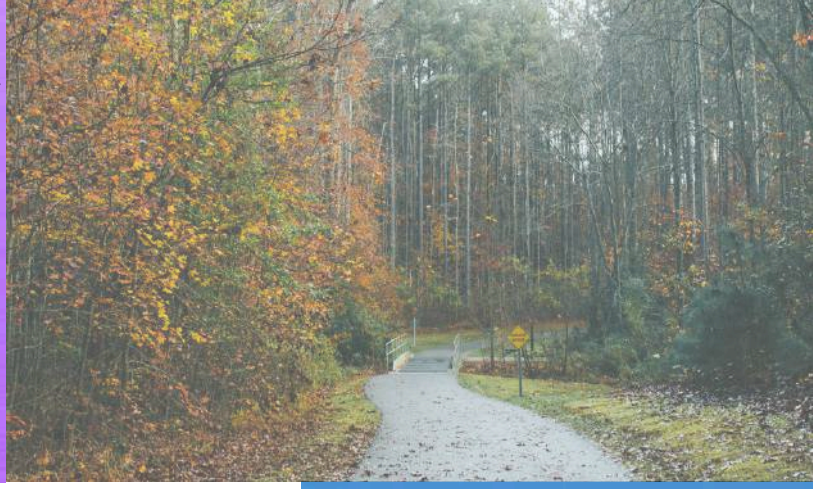
ROADS TO RECOVERY
NEWSLETTER

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

A newsletter for you
and about you



SPOTLIGHT TOPIC

Tap Into Gratitude

by Deanna Maynard

Remember your New Year's resolutions? Don't panic, I'm not the self-improvement police. Honestly, you've probably made more progress on your goals than you realize. Maybe you set out with a goal to see a certain number on the scale by December 31st and the clock is ticking and the guilt, shame, or feelings of failure are eating away at everything but the digits on the screen at your feet.

Maybe, you spent more days this year making the choice to eat balanced meals and go to the gym than you did last year. Maybe you didn't. Either way, you can't turn back the clock now and speedrunning a complete overhaul to reach an arbitrary deadline this late in the game, it would do more harm than good.

The most valuable thing you did this year regarding your New Year's resolutions happened whether you knew it or not. You learned how to set better ones next year. I'm a firm believer that goals and ambition are fluid things. Trying to pin down exactly what we want can be difficult, even when we think we have a clear idea. This is why starting small is so important, building the daily habits and giving ourselves as many opportunities for success as possible keeps us going for the long haul. Some people, in realizing they didn't hit the number they dreamed of on the scale, will decide to simply not set any goals about their physical health next year, feeling denounced by their perceived "failure" come December 31st. Others will recognize they at least bought a gym membership, so maybe they will decide to just start showing up. (And hey, if you realize this before January, you can still say you accomplished your goal of "going to the gym more!") When you set a goal, meet yourself where you are. Often when I go to the gym I stick to walking on a treadmill or reading a book while on the stationary bike. S tart small, build the habits in ways that make sense so you don't feel like you have to fight them. If goals should be based in our values, identifying those is a good place to start. 'Tis the season for gratitude, and there is never a bad time for a gratitude list (daily, weekly, or monthly gratitude lists would be an awesome New Year's resolution). Knowing where to start is often the hardest part, here are some ideas for an end-of-year gratitude list to kick things off:

1. Things that made you laugh out loud.
2. Plans that kept you going through tough days.
3. A time you asked for help and received it.
4. Moments you showed up for yourself.
5. Times you handled a familiar situation in a new way.

Starting with gratitude in mind puts you in a good place to approach anything from, but it can be incredibly useful in thinking about the kind of life you want to live, identifying what small habits can help build that life, and recognizing moments of positivity or strength that have gotten you as far as you've already come. When setting your New Year's resolutions or goals this coming year, keep in mind that the most important thing to work toward is building a life worth living, however that looks healthiest for you.

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MENTAL HEALTH MANAGEMENT



Rewriting Your Tradition Rulebook

By Ashley Casimano

As the holiday season approaches, it can feel like there is an invisible rulebook and schedule we are all expected to follow. You are supposed to attend every gathering, buy thoughtful gifts, cook elaborate meals, and feel merry and excited from November until New Year's Day.

When you are managing your mental health, that pressure does not just feel overwhelming; it can be exhausting. Trying to force joy or keep up with traditions that drain your energy often leads to burnout, anxiety, and isolation. This year it may be helpful to put down the old rulebook and rewrite it for yourself. The holidays do not have to look like a greeting card or your favorite movie to be meaningful. Some of the most peaceful moments happen when you let go of what you think you should do and simply enjoy your company and surroundings.

For many people, the holiday season is not a time of nostalgic comfort. If you grew up in a home with no traditions, or if past holidays were marked by pain and chaos, this time of year can feel deeply triggering for both your mental health and your sobriety. Please know that it is completely okay if you do not have fond childhood memories to look back on. You are not broken or alone for finding this season hard, and you do not have to pretend otherwise. Protecting your recovery and emotional safety comes first, even if that means stepping back from certain people, places, or old habits.

Because the season moves so fast, it is easy to miss the warning signs that you are running on empty. Pay close attention to how your body and mind are feeling. Burnout often shows up quietly as heightened irritability, trouble sleeping, feeling emotionally numb, or dreading plans you normally enjoy. If you notice yourself feeling stretched too thin, treat it as a sign to take a break. Reschedule a chore or errand, take an afternoon to rest, and give yourself permission to do less and practice relaxation and self-care. Though it may be hard, practice letting go of the expectations. Take a moment to look at your usual holiday habits and ask yourself if you actually enjoy them, or if you are just doing them out of obligation. If baking three dozen cookies leaves you stressed out in the kitchen, skip it and buy a pack from the store. If attending a loud, crowded party drains your battery for three days afterward, it is okay to decline or stop by for just half an hour or just invite your closest friends over for coffee. Protecting your peace is not selfish or lazy.

Build easy traditions with your family of choice. When biological family is complicated, absent, or unsafe, leaning on your family of choice can make all the difference. You do not need to host a big dinner to share meaningful time with trusted friends, peers, or support members. Keep things simple, affordable, and welcoming. You could try to host a snack potluck where everyone brings one favorite comfort snack, gather for a board game or puzzle afternoon or watch a movie. Maybe take an evening walk or drive together to look at neighborhood lights. Making simple cards and coloring pictures as presents or homemade ornaments are always thoughtful and accessible options. Creating brand-new, zero-pressure traditions with the people who truly support you is one of the best gifts you can give yourself.

Traditions can also be enjoyed alone if you find comfort in healthy solitude. Some of the best rituals are quiet ones you can do on your own. You might create a cozy movie night where you wear your most comfortable clothes, have tea or hot chocolate, and watch a favorite comfort film. Another easy idea is starting a quiet morning routine, waking up ten minutes early to sit near a window or bundled up outside and listen to your favorite calming music before the rest of the world wakes up. Maybe budget to buy one small seasonal treat to look forward to each week, like a specific scented candle or a decoration to help you enjoy the little things.

The holidays can also bring up heavy feelings of grief, especially when you are missing loved ones who are no longer here. Rather than trying to push sadness aside or pretend to be cheerful, give yourself space to feel what you feel. Honoring past loved ones through small, personal gestures can bring a deep sense of comfort and connection. You might cook their favorite holiday dish, hang a specific decoration that reminds you of them, or light a candle in their memory. Including them in your season in a quiet, intentional way allows love and grief to exist side by side without the pressure to put on a happy face.

This holiday season, let your mental health be your guide. Keep the traditions that bring you genuine warmth, gently set down the ones that weigh you down, and give yourself the gift of a season that truly fits who you are today.



SIMPLE ACTS OF KINDNESS

- Recycle old Christmas Cards; cut out pieces & use them as gift tags or use them for crafts. (Be kind to the earth!)
- Prepare a hot drink for your mail delivery person in cold weather - coffee, tea, cocoa; have it ready before they arrive.
- Donate prescription eye glasses or hearing aids you are no longer using to the Lions Club. Donation boxes are located at many WalMart Centers, Association for the Blind Centers, and some public libraries. (Local drop boxes are are at Rt 9 WalMart in Queensbury, Glen St. Market 32, Glens Falls Association for the Blind, and Town of Queensbury Tax Office.)

WARREN/WASHINGTON CONNECTIONS

The Conkling Center

By Ginger Miller



The Conkling Center states their mission as, "To enhance the quality of life of seniors in the community, directly and indirectly, by providing services, programs, & opportunities to meet their ever changing needs." This article highlights some of the services they offer.

Transportation. They provide accessible transportation to medical and rehabilitation appointments, banks, grocery stores, hairdressers, restaurants and various other destinations within a 20-mile radius of the City of Glens Falls. Transportation is not offered to individuals residing at nursing homes, other medical residential programs, for medical procedures, etc. Advanced reservations are required. For more information call Michael the Transportation Coordinator, between 8:30 am - 11:30 am at 518-793-RIDE (7433) or 518-793-1494 ext. 1 to schedule your ride.

Community and Connection. The Conkling Center offers a variety of ways to connect, have fun, try new things, and learn about the history of local communities. Programs are designed to cover senior related topics in the areas of Community Awareness, Health & Safety, Legal, Educational, and Intergenerational. They collaborate with organizations, local presenters, and school districts to hold programs of interest to seniors.

Programs are offered in-person, virtually and in hybrid format. The format in which a program is offered is determined at the time it is scheduled with the many presenters that partner with The Conkling Center.

Monthly programming can be found on their program calendar located on the website, their Facebook Page and in the Chronicle on the third Thursday of each month. Advanced registration for programs is required and can be done by calling The Conkling Center at 518-793-1494 and speaking with Tricia, the Program Manager. Some programs may have an associated fee. They ask that fees are paid prior to the day of the program. The link to their calendar is: https://www.theconklingcenter.org/events-and-programs

Ice Melt Program. During the winter months, The Conkling Center distributes ice melt to the senior centers and other senior service organizations in Northern Saratoga, Warren and Washington counties at no charge to any senior in need of ice melt. The goal is to keep seniors safe and prevent as many falls as possible during the winter months due to snow and ice melt buildup around their homes. Many older adults live alone and do not have help in maintaining a safe outdoor walking surface.

The following locations can be contacted if you are in need of Ice Melt:

Greater Glens Falls Senior Center 518-793-2189, Kingsbury/Fort Edward Area Senior Center 518-747-9352, Moreau Community Center 518-792-6007, Queensbury Senior Center 518-745-4439.



HEALTH & WELLNESS

'Ber Months' Survival Kit

By Deanna Maynard

There's an image we have of the perfect cozy fall. There are hayrides and bonfires, knit sweaters and tall socks, warm from the dryer. We venture into rolling fields to pick apples and pose for photos with pumpkins, stopping to buy honey and sunflowers from roadside farms, trying to bring home alittle glimmer of the sunny days, knowing that all too soon, they will shorten and slip away. Often we see this as a welcome reprieve from the hustle and bustle "back-to-school" buzz that doesn't quite seem to ever go away, even long after you graduate. The holiday season brings with it the classic rush of manufacturing merriment and making the most of meaningful moments, meetings, and memories.

Ask yourself, "how much time do I spend picturing a perfect life versus actively living the life I have?"

Managing recovery (and life, in general) is an ongoing practice. You won't get everything right on the first try, but whenever you do catch yourself instinctively reaching for the healthy option, that's a victory to celebrate. The idea with a 'Ber Months' survival kit is to put those healthy choices in a list you can reach for first, giving yourself a quick menu to cope and even thrive through the most vulnerable time of year. With pressures for each season of our lives to look and feel a certain way, self-care can slip through the cracks.

It can be hard to identify exactly what it is we need in stressful or overwhelming moments, but often we have no problem picturing our ideal version of how a situation will play out. A nice place to start building your kit is to take the mental picture you have of the "perfect day" and imagine just a few ways things could go even better. What would make you feel more confident, present, prepared, and
capable? Umbrellas, first aid kits, spare tires, and jumper cables are all things we keep on hand and hope not to need. Think of this survival kit the same way, if that helps you to do it. If you do it now, even begrudgingly, you may just find you're glad to have it down the road.

If you always have a raincoat, you can always choose to dance in the rain.

Putting together a list of ideas of things that truly make you feel good gives you a one-stop-shop to finding what you need to push through difficult moments that arise. I like to suggest building a "Ber Months" survival kit, sooner rather than later, to help yourself feel prepared and supported before the wave of family gatherings, work events, social pressures, and all the things we don't like to admit threaten to pop pinholes in our preferred perception of a "perfect" reality. The truth is, surviving those challenging moments and pushing through when our patience is tested is the time to rely on the skills and safety nets we test and implement throughout the year, empowering ourselves to embody presence in the moment. That's what allows all of the peace, love, and joy to shine through.

In the summertime, I always keep a bathing suit, a towel, and some dry, comfy clothes so that when the opportunity strikes I never have to say no to jumping in the lake or pool. Preparation makesspontaneity safe and possible. At this point, it's just something I do so I don't have to spend much time thinking about it, it's just done. In the winter, keeping a small shovel, a change of clothes, and a blanket are some tips my grandparents gave me when I got my very first car.

Eventually, new habits just become things you do.

You might want to start with just writing down phone numbers, in your phone or on paper you won't lose, so they're easily accessible when you don't have the time or mental energy to go looking for them. A list of where your favorite movies are currently streaming that you update every so often, quick recipes or lists of foods you know you enjoy, and playlists of songs that improve your mood are a few things to make ahead of time, so they're there when you need them. It can also be fun to compile these curated collections! For me, browsing the new selections on a streaming service or putting together a playlist that captures a niche ambiance I'm after can easily take up an entire rainy afternoon. Investing that time to get to know yourself pays off instantly and can be a fun way to connect socially. Sharing music or listening to new albums with people in your community strengthens those ties. Revisiting old favorites and discovering art and media that resonates with us in new ways opens doors for self-exploration and can help ease us into the nostalgic atmosphere of the coming season.



'Ber Months' (Con't)

We can't choose how many lemons life puts in our lemonade, but we can choose to keep adding sugar.

This month, I asked those attending Dual Recovery groups to share some things they're doing to manage the "Ber Months" that they think others should try. One said, "my grandmother used to freeze berries that grew in her yard, so we eat them with cream of wheat in the winter to remember what summertime tastes like." Flavors and senses are great ways to combat winter blues. Find a candle or body spray with a distinct scent you can use to ground yourself. Lean into the season with pine or wintery spices, or go tropical and citrusy if you want to channel a little sunshine during the darker months.

When someone suggested "writing a script to use for rescheduling plans or other uncomfortable phone calls," because being overwhelmed and burnt out shouldn't have to come with added shame or anxiety, another said, "but try showing up anyway, especially on the days you don't want to, usually that's when I actually need it the most." If you feel that same debate rising in yourself, decide ahead of time how you will determine when to stay in or show up. Think about when you've shown up knowing that showing up was the last thing you wanted to do, remember how that experience felt and plan ways to use alone time so "taking a break" doesn't escalate to isolation and total hibernation.

Another bit of advice one of our community members gave was, "if your survival kit includes ways to improve your sleep schedule or other routines, try to include coping skills to use on the days when those don't go your way." Learning coping skills, attending support groups, and seeing a therapist are all great places to start, integrating the advice into real life is the tricky part. The thing is, you have to practice incorporating them before things get harder. An important piece to remember is that often "self-care" is something being sold to us. Self-care is not face creams and smoothies, it is knowing when and how to take a step back and give ourselves what we need day by day.

I will be the first to say that buying new things can kickstart new engagement with my skincare routines and spending money and having new things gives our brains the dopamine it's always chasing. Most of the time, what we need can't be bought. Learn to care for yourself with what you have, find ways to make the habits last, and ways to support yourself if they don't.

IS THIS MEETING/RESOURCE FOR YOU?

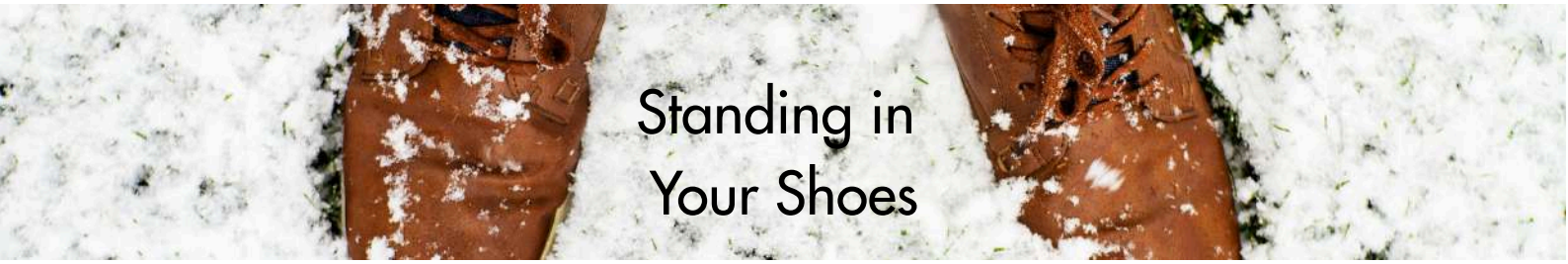
Invitation to Change (ITC): Support & Skills Group

Free drop-in support group for anyone who knows someone struggling with substances. Based in science and kindness, the ITC is a set of down to earth, compassionate tools for helping your loved one while staying connected to and grounded in your own values.

1. Untangle substance use
2. Improve communication
3. Build trust
4. Maintain healthy boundaries
5. Restore connection.

Orientation groups are great if it is your first time exploring the ITC, their Support & Skills Groups provide a more in-depth exploration of ITC topics and more time for community connection.

To see if there is a group that is right for you please go to https://itc.cmcffc.org/group-directory to search the directory of groups.



PERSONAL STORIES/ MOMENTS THAT MATTER

Hannah's House

By Brianne Gayhart

I spent many years trapped in the self-made prison of addiction. I owe my sobriety to God and the amazing people He placed in my life. When I finally surrendered to God He directed my path to Hannah's House.

Hannah's is a 100% free program of the Warren Family Mission for women who struggle with addiction, alcoholism, abuse, co-dependency and other life struggles. Hannah's House is 1 year faith based program. They provided so much for the women who walk through the door but most importantly they provide God's love and acceptance. The women who work there truly understand the struggles because they've been there. Walking through those doors and completing the program may have been the hardest decision of my life but I can honestly say it was the best decision I had ever made.

I no longer live in depression, anxiety, and addiction; instead I live in God's acceptance, peace, love and joy. If you are stuck in the endless cycle of addiction or have a loved one there I highly recommend Hannah's House because you are worth it!

I've been in recovery for a while now. Sometimes when I start working on changing something about myself I don't always recognize my own growth because I'm so focused on where I want to get to. One of the members of a support meeting I attend regularly approached me after the meeting last week and told me about some of the changes they have seen in me since I started attending. I really appreciated that, it helped me recognize I needed to take a moment to look at how far I have come and celebrate my growth.

~ Anonymous

Has someone done something kind for you that made a lasting impact on your life? We would love to share your story too (up to 300 words). We're happy to print with just initials or anonymous if you prefer.
To submit your story please email it to gmiller@ascendmw.org or mail it to ASCEND Dual Recovery Department, 230 Maple St., Glens Falls, NY 12801.

Riddles of the Month:

1. Take away my first letter, and I remain the same. Take away my second letter, and I still remain the same. Take away all my letter, and I *still* remain the same. What am I?

2. I can make oil boil. What am I?



Riddle Answers

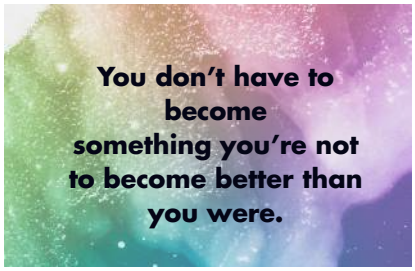
1. A Mailbox

2. The letter B

INSPIRATION & MOTIVATION

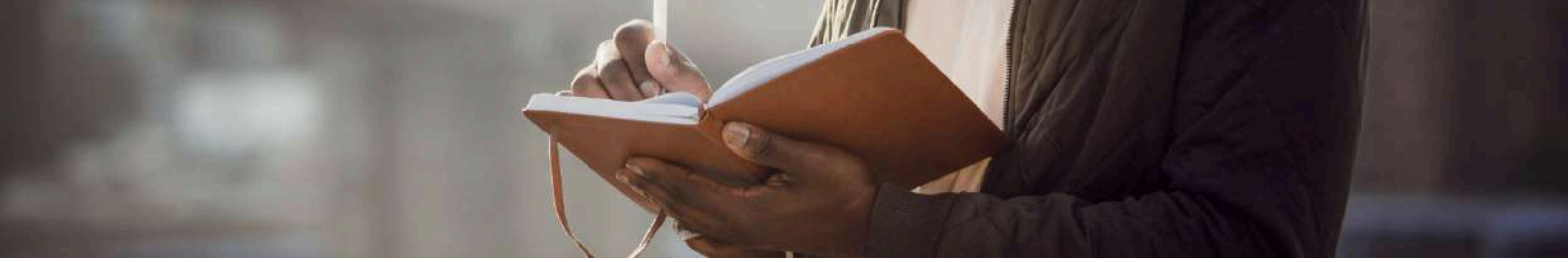






Open Access at Caleo Counseling Services (ASCEND's Clinical outpatient mental health clinic) is available
Monday through Thursday from 9:00 AM to 12:00 PM and 1:00 PM to 3:00 PM at 3043 State Route 4 in Hudson Falls, NY.
Mental health clinicians' availability may vary for mental health assessments, and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

Please note that Open Access services are for adults only.



CREATIVE WRITING CORNER

Walking down the street.
Blisters on my feet.
My face is red from the heat.

I want to shed a tear.
But, what if somebody is near?
Nobody can see me show fear.

My woman is lonely.
Anymore, it's like she doesn't even know me.
If she still loves me I don't know.
She definetely doesn't show me.

I want to get clean so bad!
I have a daughter
who deserves to have her dad.

I just want to be clean.
But honestly,
I don't even know what that means.

Statistics say that one in three
people will die from this addiction.

So why put ourselves in this position?
We are all causing
our own self-inflicted extinction.

Truth is it's sickening.
Like when we make that call home explaining
what jail or rehab we are back in.

Truth be told, this has been me to many times.
Told too many lies, committed to many crimes
for one thing only - just to get high.

But now here I sit thinking about
a second chance at life
and what I could do with it.

I can only pray
I can just go through with it.

~ Kyle S.

Hello, glass pipe, we meet again,
Break it up and rake it in.
Oh, how I've missed my long-lost friend,
I tilt you up and then we spin.
Here we go again,
And again, and again,
And again.
Why won't this shit ever end?
I watch the pieces start to fall,
I watch the shadow take it all.
I'm screaming out inside a dream,
My life is tearing at the seam.
My hands are tied, my feet are stone,
I watch it burn and sit alone.
I try to reach, I try to pull,
My hands are weak, the glass is full.
I see it all just disappear,
And drown inside the heavy fear.
I can't believe I let you in,
I lose my friend, I lose my kin.
Now I'm all alone again,
Oh, how I've missed you, my favorite stem.
OGs, chillums, bongs, and more,
You make it so I can't feel anymore.
I can't feel the hurt, I can't feel the pain,
I can't feel the anger or the shame.
I break it up and rake it in,
Tilt it up and spin, spin, spin.
I want to choose my kid today,
I want to be the one who stays.
To trade the glass to hold them near,
To wipe away every single tear.
The life I want, the dream I chased,
Slips through my fingers, gone to waste.

My heart beats outside of my chest,
Just underneath the surface rests.
Where hope is living, small and clear,
So close to what I hold so dear.
Standing right where I should be,
But chained inside of what I see.
Now I'm homeless yet again,
In a tent, all alone.
Man, this shit is getting old,
Now it's really setting in.
You were never my friend,
You just found me on a whim.
I can't believe I let you in,
Just to watch it disappear,
Just to lose it all again.
But sitting here out in the cold,
I know this story's getting old.
I look down at my open hands,
And start to make a different plan.
I take a breath, I break the spell,
I choose to walk up out of hell.
I walk through Hope and Healing's door,
To find my feet upon the floor.
Inside those meetings, taking space,
To look my truth right in the face.
I drop the stem, I break the spin,
I open up and let life in.
To feel the hurt, to feel the grace,
To see the smile on my kid's face.
No longer running from the pain,
I'm standing tall inside the rain.
The fog is clearing from my head,
I choose to live my life instead.

~ Devon Z.

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.

November/December Prompts

1. What is one small moment, comfort, or supportive action from someone else that I appreciate today?
2. Write about some small steps you took that brought about big gain for you.

To submit your writing please email it to gmiller@ascendmw.org or mail it to ASCEND Dual Recovery Department, 230 Maple St., Glens Falls, NY 12801.

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 Veterns, Press **2** for Spanish, Press **3** for LGBTQIA+, or visit 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 Assult Hotline RAINN (Rape, Abuse, Incest National Network: 24/7 1-800-656-HOPE (4673) or visit 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: 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 Trafficing 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
Alcoholics Anonymous (AA): Local group schedule and information: 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
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
Gamblers Anonymous (GA): Online services for anyone struggling with a gambling addiction: gasteps.org
Grief Recovery After a Substance Passing (GRASP): For those who have lost someone to substance use or addiction: 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
Overeaters Anonymous (OA): Online support groups for anyone who wants to stop eating compulsively: 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)

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American Foundation for Suicide Prevention
Capital Region New York

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