

Highly Rated Free MH Community Resources

- Support Groups, especially those through NAMI, MHA, DBSA, CHADD, CABF, AADHD Facing us health and symptom trackers online
www.facingus.org
- Wellness Recovery Action Planning (WRAP) especially the free wrap booklet through SAMSHA listed in lynx
<http://store.samhsa.gov/product/Action-Planning-for-Prevention-and-Recovery-A-Self-help-Guide/SMA-3720>
- State Specific Advance Directives
<http://www.nrc-pad.org/>
- NAMI Tools: Family to Family, Peer to Peer NAMI Basics
www.NAMI.org
- Shared Decision Making Tools: These tools help you think through and communicate with your doctors your choices around various treatment options
SuperBetter: <https://www.superbetter.com/>
- Shared Decision Making Aids for Antipsychotics
http://www.samhsa.gov/consumersurvivor/sdm/DA_files/
- Shared Decision Making Aids
<http://informedmedicaldecisions.org/shared-decision-making-in-practice/decision-aids/>
- Identifying and Coping with Trauma self-help tool
<http://store.samhsa.gov/product/Dealing-with-the-Effects-of-Trauma-A-Self-Help-Guide/SMA-3717>

Highly Rated Free SUD Community Resources

- Recovery Radio programs:
 - [12Step Radio: www.12StepRadio.com](http://www.12StepRadio.com);
 - [Recovery101.net: www.recovery101.podomatic.com](http://www.recovery101.podomatic.com);
 - [The Recovery Radio Network:](#)
 - www.s100332911.onlinehome.us/4436.html;
 - www.steppinouradio.com
- Hazelden's Social Community:
www.hazeldensocial.org/welcome
- IntheRooms online discussions revolving around just about any topic in any Twelve Step group.
www.intherooms.com
- [RenewEveryDay.com](http://www.reneweveryday.com) The online version of Renew magazine www.reneweveryday.com
- Phone apps: [Sponsor Support](#), Optimized Telecom Inc., [iOS Free](#); [Steps Away — Locate Worldwide 12 Step Meetings](#) DBJ Apps; [iOS Free](#)[Android Free](#) ; [AA Big Book and More](#) Rob Laltrello [iOS Free](#) ; iPromises www.ipromises.org;
- Mindful Meditation: These free online meditations can help you support your recovery.
<http://marc.ucla.edu/body.cfm?id=22>
- Guide to Mutual Aid Resources
<http://www.facesandvoicesofrecovery.org/resources/support/index.html>
- Find AA meetings by state:
http://alcoholism.about.com/od/meetaa/A_A_Meetings.htm
- AA meetings on line:
<http://www.aaonline.net/>
- NA Meeting by location
<http://portaltools.na.org/portaltools/MeetingLoc/>
- A range of groups covering issues like cancer, diabetes, addiction recovery and more:
www.SupportGroups.com
- Cultural Activation Prompts (CAPS) from Nathan Kline Institute:
<http://ssrdqst.rfmh.org/cecc/index.php?q=node/457>