

TIPS for Addiction & Recovery Smartphone APPS

1

Do Your Research

Finding the right Smartphone Application may take a little bit of time researching what features, capabilities, resources, and tools are available.

2

Look for the Big Names in Substance Abuse, Recovery, and Mental Health

Organizations like Substance Abuse & Mental Health Services Administration (SAMHSA), Alcoholics Anonymous (A.A.), and Hazelden are some of the big names associates with addiction and recovery. These Smartphone Applications provide a variety of helpful information (including daily meditations, information, and dealing with addiction).

3

Beyond Addiction that Can Help Recovery

The lack of Smartphone Applications can be disheartening; however there are plenty of ones available to areas that can help with addiction and promote recovery. Other Smartphone Applications to search and use can include ones related to health, breathing exercises, physical exercise, meditation, mindfulness, spirituality, proper eating, spirituality, and even stress reduction. Find out what you need to for your recovery and you will be able to find helpful features!

4

Not a Substitute for Traditional Methods of Support

While Smartphone Applications can do quite a lot, they are not meant to be substitutions for tradition methods of getting help and supporting change. Conversation, listening, and communicating face to face are still ultimately needed in order to keep the chances of ongoing recovery possible.

5

Not Smart Enough to Cure

Smartphone Applications are not meant to be cures for addiction - - but can help the addict and those affected by addiction receive help, support, information, tools, and resources in order to deal with this disease and work towards recovery.

Addiction & Recovery

Smartphone APPS

- ✓ Today's Hope with AI-Anon
- ✓ My Recovery Toolkit (AI-Anon)
- ✓ AI-Anon Workshops Study
 - ✓ Sobriety Calculator
 - ✓ Daily Recovery APP
 - ✓ Meeting Finder
 - ✓ 12 Steps Speakers
 - ✓ Recovery King
 - ✓ Sober Day Recovery APP
- ✓ 12 Steps AA Companion (Alcoholics Anonymous)
 - ✓ AA Big Book and More
 - ✓ AA Speakers to Go
 - ✓ Friends of Bill
 - ✓ One Day at a Time
 - ✓ Friends of Jimmy
 - ✓ Quit It 3.0 – Stop Smoking
 - ✓ The One Day at a Time APP
- ✓ MORE (My Ongoing Recovery Experience) “Field Guide to Life”
 - ✓ A.A. Speakers
 - ✓ Afternoon Affirmations
 - ✓ The Drinking Mirror
 - ✓ Mindfulness Meditation
 - ✓ iPromises

