

Optum

Here for you in recovery

September is Recovery Month



What is recovery?

Recovery is a process of change. It helps you improve health and wellness, live a life you control and reach your full potential. Recovery is especially important for people living with mental health and substance use disorders. But it can help most anyone.

Recovery's central motivating message is a better future. It shows that you can and do overcome obstacles.

It recognizes individual strengths, needs and preferences. And it values experiences and cultural backgrounds. Recovery uses four dimensions of life as pillars to support coping with and managing tough times.

These dimensions are:

- **Health:** Healing from or managing one's disease(s) or symptoms and making informed, healthy choices that support physical and emotional well-being
- **Home:** Having a stable and safe place to live
- **Purpose:** Engaging in meaningful daily activities while having the independence and resources to be part of society
- **Community:** Building relationships and social networks that provide support

A recovery plan can help you choose your goals – and identify ways to reach them. It includes daily activities and longer-term goals. It also helps you identify triggers that can make you feel worse, track any changes in your condition, and take action sooner to help prevent a relapse.

Built on hope, recovery is based on continual growth, occasional setbacks and learning from experience.

Go to liveandworkwell.com for more information about mental health, substance use and recovery. Log in using your HealthSafeID® or company access code: Claremontcolleges.

Need help now?

If you are experiencing thoughts of suicide or something else that is urgent or an emergency, **call 911** or the Suicide & Crisis Lifeline at **988**.

To connect with specialists trained in addressing substance use disorders, call the Optum Substance Use Disorder Helpline at **1-855-780-5955**. It's confidential and available 24/7.

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This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. Consult with your clinician for specific health care needs, treatment or medication. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and are subject to change. Coverage exclusions and limitations may apply.

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