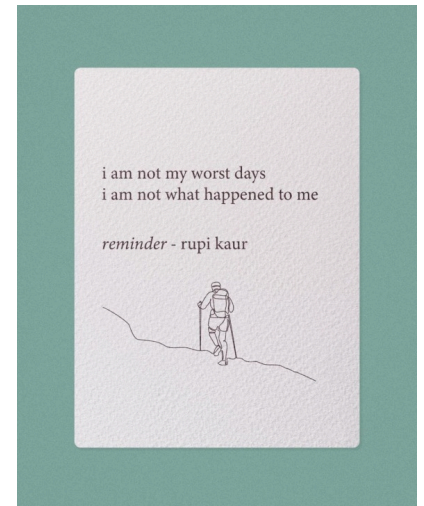


Recovery Resources

March 2024



Explore the story shared in Rev. Sean's sermon

- This American Life Episode: <https://www.thisamericanlife.org/809/the-call>
- Slate Magazine Interview with Jessica Blanchard (hotline operator featured in The Call)
<https://slate.com/human-interest/2023/09/overdose-drugs-fentanyl-opioid-never-use-alone.html>
- Never Use Alone <https://neverusealone.com/>
 - Call Never Use Alone 877-696-1996 your Overdose Prevention Lifeline.
- Similar App Based Model Brave App (<https://www.brave.coop/overdose-detection-app>) The Brave App will connect you to a caring supporter, wherever and whenever you use drugs so you don't have to use alone.

FAQs About The Opioid Overdose Reversal Medication Naloxone

- How to Use Naloxone? Watch this quick training video: https://youtu.be/xa7X00_QKWk
- Where to find free Naloxone? The [North Colorado Health Alliance](#) is a community hub for Naloxone distribution and recovery support. You can use this [map to find locations to access free naloxone in Northern Colorado](#).

Learn More About Harm Reduction

Harm reduction incorporates a spectrum of strategies that includes safer use, managed use, abstinence, meeting people who use drugs “where they're at,” and addressing conditions of use along with the use itself.

<https://harmreduction.org/about-us/principles-of-harm-reduction/>

Communities & Organizations

- [Sonder Recovery](#)
- [Advocates For Recovery Colorado](#)
- [High Rockies Harm Reduction](#)
- [Sober AF Entertainment](#)
- [This Naked Mind](#)

Books

- [Quit Like a Woman \(Holly Whitaker\)](#)
- [This Naked Mind \(Annie Grace\)](#)
- [The Alcohol Experiment \(Annie Grace\)](#)
- [We are the Luckiest: The Surprising Magic of a Sober Life \(Laura McKowen\)](#)
- [Push Off From Here \(Laura McKowen\)](#)
- [Sober Curious: The Blissful Sleep, Greater Focus, and Deep Connection Awaiting Us All on the Other Side of Alcohol \(Ruby Warrington\)](#)
- [The Easy Way to Control Alcohol \(Alan Carr\)](#)

Podcasts

- [This Naked Mind](#)
- [Recovery Rocks](#)
- [Seltzer Squad](#)

Self Care Ideas

- Reach out to a trusted connection to share your feelings and find support.
- Put on some music and dance and shake it out.
- Cuddle with your furbaby or a loved one.
- Go for a walk, hike, bike, skate, swim.
- Listen to a soothing guided meditation or breathwork practice.
- Honor your body and your boundaries by taking the time that you need.

Crisis Hotlines

- [988lifeline.org](https://www.988lifeline.org) Suicide Prevention & Crisis Lifeline Call, Text, Chat available 24/7
- [thehotline.org](https://www.thehotline.org) National Domestic Violence Hotline Call, Text, Chat available 24/7

These resources have been curated by Ashley Chism and Jen Bryan in alignment with our personal recovery values (i.e., there is no one way to recover; harm reduction works). From this list, take what works for you and leave what does not. There are many other resources not listed here that may work for you, so we encourage you to make your recovery/sober/sober-curious journey your own.

Use this QR code to access the document with links to resources

