

Remote Alcohol Recovery Resources

Online Resources

With advancements in technology, it is easier than ever to stay connected to others who can support your recovery. Whether you're trying to cut down your drinking, stop drinking, or maintain sobriety, there are thousands of people across the globe that are striving to do the same. Online support groups and forums can serve as tremendous resources for individuals across the world, who can remotely support each other and learn about other people's experiences, struggles and successes. Finding an online support group is a practical and easy way to make connections – here are a few good ones to get started with.

<http://stepchat.com>

Step Chat is an online meeting resource. It offers online AA meetings and open Fellowship chat. There are many online meetings each day, which are listed for American and UK time zones. You need to register on the site before you can interact on the site.

<https://www.smartrecovery.org/community/>

For people who don't get on with AA, SMART Recovery has a large online resource via forums and chat rooms. You need to register, and then post a short introduction post to gain access to all of the forums and online meetings (of which there are many!). UK specific meetings can be accessed at <https://smartrecovery.org.uk/online-meetings/>

<https://www.soberrecovery.com>

This site is for all addicts and has a comprehensive forum section (including a specific section for alcohol) which is actively used and contains lots of interesting and helpful stuff. You don't need to register to read posts, but you do if you want to get involved (which is always better).

Apps

Thankfully, there are also loads of apps out there to help track your drinking, support your reduction, or help with your sobriety. Try a search like 'sober app' on Google Play or in the App Store for a good list, or try one of these:

Drink Trackers

[Drinkaware](#)

Available on Google Play and App Store

This app helps you track your drinking from day to day, provides you with your current risk level, and also offers a GPS function that can offer you some encouragement if you're near a 'trigger' location for you.

[Alcodroid](#)

Available on Google Play

Alcodroid is a very easy to use drink tracker, and allows you to easily see your alcohol consumption over time. You can add in your own presets for drinks, then you simply tap on them when you start the drink, and tap again when you finish it. This is an especially helpful tool when trying to cut down your alcohol intake gradually, and gives you a visual guide of your progress. It also estimates the alcohol level in your body, although it must be stressed that this is for illustrative purposes only, and must not be used as guidance for driving etc.

Sobriety/Health/Recovery Apps

Sober Tool

Available on Google Play and App Store

This sobriety tool was developed by a Harvard-educated licensed chemical dependency and certified alcohol addiction counsellor. It uses proven techniques to help you stay sober. Features include daily motivational messages, a search engine to help you find relevant content, a tool to avoid relapse if you have a craving, a chat forum, and much more.

Sobriety Counter – Stop Drinking (EasyQuit)

Available on Google Play

This is a great motivational app for those that have stopped drinking. It tracks several elements, including how long you've been sober, the relevant health benefits, motivational tips and money saved. It's easy to use and highly rated.

Recovery Path

Available on Google Play and App Store

Recovery Path incorporates aspects of Motivational Therapy, Cognitive Behavioural Therapy and Community Reinforcement to boost your treatment and recovery plan. There's too much content to detail here, but it's very well designed and easy to use, so download it and try it out!

Books

If you prefer to read (or listen) then there's also a plethora of books available about addiction and recovery from alcohol. Some are autobiographical, some workbooks, and some are something in-between. All of the books listed below are highly rated, most are available from Amazon, and some are available as audio books. It's worth mentioning that if you have Amazon Prime, you can get a free 30-day Audible trial.

The Unexpected Joy of Being Sober: Discovering a Happy, Healthy, Wealthy Alcohol-Free Life
Paperback £3.00 on Amazon – also available as an Audible Audiobook

'This inspirational, aspirational and highly relatable narrative champions the benefits of sobriety with a three-pronged approach combining the author's personal experience, factual reportage and contributions from expert sources and self-help advice for anyone who wants to reduce their alcohol intake or eliminate it completely'. *The Unexpected Joy of Being Sober* is written by Catherine Gray. It was a Sunday Times bestseller and has a rating of 4.7 out of 5 on Amazon.

This Naked Mind: Control Alcohol, Find Freedom, Discover Happiness & Change Your Life
Paperback £9.45 on Amazon – also available as an Audible Audiobook

'In a world defined by 'never enough', Annie takes us on an intellectual journey through the world of alcohol and specifically the connection between alcohol and pleasure. She dispels the cultural myth that alcohol is a vital part of life and demonstrates how regaining control over alcohol is not only essential to personal happiness and fulfilment but also to ending the heartache experienced by millions as a result of second-hand drinking.'. *This Naked Mind* is written by Annie Grace, and has a rating of 4.6 out of 5 on Amazon.

Books (continued)

The Wisdom to Know the Difference: An Acceptance and Commitment Therapy Workbook for Overcoming Substance Abuse (A New Harbinger Self-Help Workbook) **Paperback £14.39 on Amazon**

'Acceptance and commitment therapy (ACT) cofounder Kelly Wilson and Troy DuFrene show readers how to use acceptance, mindfulness, and values-oriented strategies, either alone or in combination with a twelve-step program, to overcome substance abuse and permanently change their lives for the better. The Wisdom to Know the Difference offers readers a unique path to treating alcoholism and drug addiction through ACT, which has been proven to be clinically effective for the treatment of alcoholism and substance abuse. This workbook unifies the most widely practiced method of substance abuse treatment, the twelve-step program, with an empirically supported psychotherapeutic model, acceptance and commitment therapy (ACT).' *The Wisdom to Know the Difference* is written by Troy DuFrene and Kelly G. Wilson and is rated 4.4 out of 5 on Amazon.

Recovery: Freedom From Our Addictions **Paperback £6.41 on Amazon – also available as an Audible Audiobook**

'This is the age of addiction, a condition so epidemic, so all encompassing and ubiquitous that unless you are fortunate enough to be an extreme case, you probably don't know that you have it. What unhealthy habits and attachments are holding your life together? Are you unconsciously dependent on food? Bad relationships? A job that doesn't fulfil you? Numb, constant perusal of your phone, looking for what? My qualification for writing this book is not that I am better than you, it's that I am worse. I am an addict, addicted to drugs, alcohol, sex, money, love and fame.' *Recovery: Freedom From Our Addictions* is written by Russel Brand. It was a Sunday Times bestseller and is rated 4.6 out of 5 stars on Amazon.

Living Sober

<http://aaposigintergrouptrinidad.org/wordpress/wp-content/uploads/2015/12/Living-Sober.pdf>

Living Sober is an AA publication that can be purchased from many online sources, but I found the link above, which is a pdf version of the complete book. Although it is an AA publication, it is filled with practical advice for anyone in the early stages of sobriety, and covers many areas, such as triggers, sleep, and self-care. What's more, the whole book is literally one click away from you now – have a read.

Other Remote Resources

Mental Health Apps

If you're struggling with your mental health, or just want to make sure that your mental health stays on a good path, there are many apps out there that can help. Here is a list of NHS Tested Apps to try. Some do come with a cost attached, but many of them are completely free.

My Possible Self: The Mental Health App

Available on Google Play and App Store (free, with in-app purchases)

My Possible Self brings together content from world-leading mental health experts designed to help you learn how to improve your thoughts, feelings and behaviour. The information has been proven to reduce stress, anxious feelings and low mood in just eight weeks.

Use the app's learning modules to prevent day-to-day problems from holding you back, manage fear and improve your happiness and wellbeing. New modules will be added on a regular basis.

Beat Panic

Available on the App Store (£0.99)

The Beat Panic app uses a series of soothing coloured flashcards with messages designed to help you overcome a panic attack in a calm, gentle manner. Beat Panic aims to help you:

Focus on something else instead of the panic or anxiety; Slow your breathing, reduce your heart rate and release the tension; Get perspective on any worrying thoughts and remind you what is really happening; Overcome the urge to flee.

Stress & Anxiety Companion

Available on Google Play and App Store (free for the basic plan)

Stress & Anxiety Companion helps you handle stress and anxiety on-the-go. Using breathing exercises, relaxing music and games designed to calm the mind, the app helps you change negative thoughts to help you better cope with life's ups and downs.

Catch It

Available on Google Play and App Store (free)

Learn how to manage feelings like anxiety and depression with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing. Catch It is for anyone who struggles with feelings like anxiety, depression, anger and confusion.

SHOUT

TEXT: 85258

Shout is a 24/7 UK crisis text service available for times when people feel they need immediate support. By texting 'SHOUT' to '85258' a Texter will be put in touch with a trained Crisis Volunteer (CV) who will chat to them using trained techniques via text. The service is designed to help individuals to think more clearly and to take their next steps to feeling better. Shout is part of Mental Health innovations (MHI), which was founded in November 2017. MHI was set up following the success of The Royal Foundation's 'Heads Together' campaign, which identified how utilising digital platforms and tools has huge potential to offer support services to individuals struggling with their mental health.