



Recovery Resources

Recovery/Treatment Services

**All evaluation and treatment services for Service Members are provided by SUDC-C*

- Contact BH Clinic to find servicing clinic for your unit at:
DSN: 737-5668 COMM: 0503-337-5668

Off-post Counseling Services

- **Adaptable Human Solutions:** 02-749-7915
<https://ahskorea.com/> Email: info@ahskorea.com
- **Hope & Wellness Services:** 031-647-4436/4437
<http://hopeandwellness.co.kr/pc/index.jsp>
Email: info@hopeandwellness.co.kr
- **I Care Counseling Center:** 031-656-2273 (CARE)
<https://www.icarecounseling.com>
Email: info@icarecounseling.com
- **Integrated Counseling Services:** 031-662-7571
<https://integratedcounseling.net/>
Email: intake@integratedcounseling.net
- **Korea Psychological Group:** 010-6809-2234
<https://koreapsych.com/>
Email: hello@koreapsych.com
- **Mind Care Institute of Korea:** 010-8263-8277
Email: assist@mindcarecenter.co.kr or mindcarecenter@gmail.com
- **Seoul Counseling Center:** 031-692-5556 or 02-542-5553
<https://seoulcounseling.com>
Email: support@seoulcounseling.com
- **You and Me Psychological and Consultation Services (YPCS):**
02-6929-3014
www.ypcskorea.com Email: admin@ypcskorea.com

Alcoholics Anonymous (AA) Meetings

USAG Humphreys

M/W/F: 1800-1900

Bldg. 696 Freedom Chapel Annex-RM 120

Zoom: [https://us02web.zoom.us/j/5406153096?](https://us02web.zoom.us/j/5406153096?pwd=MVU0dFRndXpEN2t0THBPdUBubVE3Zz09)
[pwd=MVU0dFRndXpEN2t0THBPdUBubVE3Zz09](https://us02web.zoom.us/j/5406153096?pwd=MVU0dFRndXpEN2t0THBPdUBubVE3Zz09)



Osan AFB

T/TH: 1700-1800 Bldg. 769, Resiliency Center

For questions about other AA meetings in the area:

COMM: 02-319-5861

Email: aainkorea@gmail.com www.aainkorea.org

Other Resources

- **Employee Assistance Program (EAP):**

DSN: 755-1086 or COMM: 0503-355-1086

Virtual/Telehealth Services

- **Military One Source:** 1-800-342-9647

Chat: <https://www.militaryonesource.mil/>

- **Military Family Life Counselors (MFLC):** To get the current MFLC info, contact ACS:

DSN: 757-2363 COMM: 0503-357-2363

- **Substance Abuse and Mental Health Services Administration (SAMHSA):** For help finding treatment: 800-662-HELP (4357)

<https://findtreatment.gov/>

- **American Addiction Centers:** 1 -866-692-5058

<https://americanaddictioncenters.org/virtual-meetings>

- **Alcoholics Anonymous**

<http://aa-intergroup.org>

- **Self-Management and Recovery Training (SMART) Recovery**

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

- **SoberCity**

<https://www.soberocity.com>

- **Sobergrid**

<https://www.sobergrid.com/>

- **Soberistas (women-only international support group)**

<https://soberistas.com>

- **Sober Recovery (for friends and family as well)**

<https://www.soberrecovery.com/forums>

- **We Connect Recovery**

<https://www.weconnectrecovery.com/free-online-support-meetings>

- **Unit Recovery + WEconnect + Alano Club**

<https://unitrecovery.org/digital-recovery-meetings>

- **Hazelden Betty Ford Foundation**

<https://www.hazeldenbettyford.org/recovery/tools/daily-pledge>



Recovery Resources

Sobriety Support APPS



I Am Sober - Sobriety Counter

I Am Sober is an ad-free motivational companion app that tracks sobriety (milestones, how much money saved and more). In addition, the app reminds users to commit to staying sober through daily pledges, and allows them to document their activities throughout the day (making them aware of any possible triggers).



Sober Grid - Social Network

Sober Grid is an app that connects individuals in recovery. Its features include: a "Burning Desire" button, which someone can press to let friends on the app know when they're facing temptation and need help; a GPS locator that can connect you to nearby app users and more.



SoberTool - Addiction Recovery

SoberTool is developed by a certified alcohol and drug counselor, focuses on preventing a person in recovery from relapsing. Some of the materials the app includes are related to mindfulness training, 12 step practice, stress reduction techniques and more.



Nomo - Sobriety Clocks

Nomo is created by two people in recovery, tracks the number of days an individual has been sober. In addition, a person can track the money saved from not buying drugs, share milestones on Twitter and Facebook, and share their sober clock with others. The app also includes exercises to help refocus the person in recovery when he or she is feeling tempted.



Sober Time - Sobriety Counter

Similar to "Nomo," this app helps individuals in recovery track their sober days, see how much money they've saved by not buying drugs, share progress with others, and more. This app also offers daily motivational messages to its users.



The Addiction Policy Forum and CHESS teamed up to create this app to support recovery and pro-social engagement by tracking goals, setting reminders and journaling. It also allows users to connect with peers and counselors for clinical support.

Wellness/Resilience APPS



VirtualHopeBox



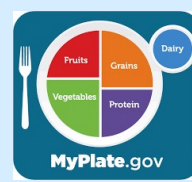
Mood Tracker



Mindfulness



CHILL DRILLS



MyPlate.gov



happify



Breathe2Relax



Moodnotes



Calm



safehelpline.org | 877-995-5247



PTSD COACH



MILITARY ONE SOURCE



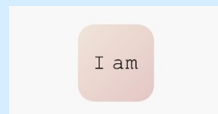
Mind Vector



Headspace

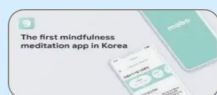


Shine



I am

App for Daily Affirmations



The first mindfulness meditation app in Korea

MABO, Korean Meditation APP