

NAVYMORE

What other NAVYMORE participants are saying.

“ I would say that NAVYMORE was a great jump off into recovery. It explained so much about what was going on with my mind and body and prepared me for things that would come up. It also gave me contacts and I always feel like I have a safety net on the computer. I'm grateful for NAVYMORE and my wonderful recovery coach. . . You played a great part in saving my life! ”

“ The NAVYMORE program impacted my life in a huge way!!! In this program you receive many facets to educate, learn, and build self-confidence from a level of instruction that is bar none the best around. ”

Call your personal recovery coach or local SARP counselor.

NAVYMORE *for you*

Your goal is lifelong recovery, and a strong continuing care program will help you stay sober longer. That's why the Navy gives you NAVYMORE—an exclusive, secure, confidential online program of recovery support.

With NAVYMORE, help is at your fingertips through all the ups and downs of early recovery, including a recovery coach you can contact electronically or by phone.

Talk with your counselor about NAVYMORE today, and see for yourself how it works. With the tools, support, and fellowship of NAVYMORE, you have what you need to build and sustain your life in recovery.



NAVYMORE



Your **Personal** Recovery Support Program

24 hours a day, 7 days a week
Secure and Confidential



If addiction treatment is about getting sober, recovery is about learning how to stay sober.

The web-based **NAVYMORE** program connects you with the tools, support, and fellowship you need to build your new life in recovery. No matter where you are—in theater, on ship, on base, or on leave—**NAVYMORE** offers you constant access to these tools and support—24 hours a day, 7 days a week.



Your first 12 months following treatment are a time of unique challenges and choices. That's why the Navy gives you **NAVYMORE** to help stay the course. It's free, easy-to-use, and always accessible.

Think of NAVYMORE as a personal guide on your recovery journey.



MORE tools



“**NAVYMORE** is a great program that has a lot of great material for recovery. Thank you for **NAVYMORE**; it has been a great aid in my recovery.”

— A **NAVYMORE** participant

NAVYMORE helps you ...

- Work through issues commonly faced in early recovery
- Identify healthy coping strategies using worksheets and activities
- Strengthen self-awareness by journaling thoughts and feelings
- Set relapse-prevention strategies to support your ongoing recovery

NAVYMORE supports you with ...

- A personal recovery coach to provide guidance electronically and by phone
- Encouragement from Command and Navy SARP staff
- A sober counter so you can track the progress of your recovery
- Interactive tools in seven in-depth, focused online modules
- Encouragement to set and reach personal commitments each week
- Spiritual insights and inspiration through an online serenity tool
- Fellowship with other **NAVYMORE** participants
- Access to useful articles, videos, and fact sheets

“After doing all seven modules I would have to say it is pretty much a bang on program. I used it personally like a guide when I didn't have answers. Completing the modules connected the dots.”

— A **NAVYMORE** participant

NAVYMORE connects you with ...

- Online, real-time discussions with other **NAVYMORE** participants
- Helpful websites about the Twelve Steps, PTSD, and other military resources
- Social-networking

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