



Alcohol and Substance Misuse

Take Action

Recovery is a collaborative approach. Everyone plays a role.

Visit your family doctor or therapist to talk about how to keep yourself healthy while supporting your loved one on their recovery journey.

Spend time with your loved one specifically NOT talking about their addiction.

Set aside time for activities that bring you personal joy such as hobbies, reading, spending time with friends, time with pets/children, anything that makes you feel relaxed and fulfilled.

Keep yourself healthy - Through exercise, rest, a nutritional diet and limiting your own substance use. These things will all combat stress.

Discuss with a doctor, therapist or counselor how to talk to children about the situation. Family therapy sessions may be an option.

Prepare healthy meals and eat them together as a family.

Call Helplines:

The National Drug Helpline (U.S.) - **1-844-289-0879**

Check out the Canadian Centre on Substance Use and Addiction for provincial numbers.