



Alcohol and Substance Misuse Awareness

Recovery is a collaborative approach. Everyone plays a role.

Educate yourself and others. Addiction is a disease, not a lack of willpower or weakness.

Research relapse and be prepared that it could happen. Recovery can be a long journey for everyone involved.

Manage expectations for yourself and others. Addictions negatively impact relationships, and it takes work and time to repair them.

Research recovery options. Your loved one will need to pick what's right for them, but it's good for family/friends to understand the recovery process.

Join a family support group. There are many that can be accessed in the community, either professional or peer-based groups.

Reach out to your Employee Family Assistance Program or Peer Support team through your loved one's agency to see what resources they can offer.

Advocate for your loved one and others struggling with addiction. Share the knowledge you have learned from your research and your experience. It will empower you.