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.