

Family Intervention Can Start the Healing

If there is alcohol or drug dependence in your family, you are not alone. Most people who abuse alcohol or drugs are productive members of society. They may not think their substance use is a problem at all. But alcohol and drug dependence tend to worsen over time. Getting a loved one to accept help is the first step. Finding support and services will go a long way toward healing for the addicted person and the entire family.

Treatment and Recovery. What Does it Look Like?

Treatment happens in all sorts of settings, and for different lengths of time. Most people need help to stop using, and professional treatment is usually necessary – just as it is with any other disease. In the recovery phase, people transition from treatment to embark on a process of long-term change that will improve their health and wellness, support self-directed lives, ultimately reaching their full potential. Family members may also need support throughout the process in order to change the dynamic and heal emotionally. Don't be afraid to reach out and talk to those who can advise you, assess the situation and suggest the best approach.

**You Are Not Alone.
There Is A Way Forward.
Recovery is Possible.**



PATHWAYS
FOR HEALING

ALCOHOL AND DRUG ADDICTION HAPPENS TO GOOD FAMILIES

Do You or Someone You Care
About Need Help?





It hurts when alcohol or drug dependence takes hold of someone. It's a disease that affects rich and poor, from all backgrounds, in all regions and in every neighborhood. One person's struggle with substance use can affect the whole family, including children. But people with alcohol or drug dependence can and do recover. Intervention is often the first step.

Whether you or a loved one has battled with substance use for a while or recent events have made the situation worse, now is the time to seek support for treatment and recovery. There are resources in your community to help you overcome medical, personal, social and family challenges associated with substance use disorders.

Where To Get Help

Statewide Resources:

211 NH is the connection for New Hampshire residents to the most up-to-date resources. Specially trained Information and Referral Specialists are available 24 hours, 365 days a year. Multilingual assistance and TDD access is also available. 211nh.org or call 211.

The Doorway can help you determine what services and supports could be part of your path to recovery. The Doorway program is changing how New Hampshire helps people with opioid dependence and other substance use disorders. thEDOORWAY.nh.gov/home

Recovery Hub: New Hampshire residents can also visit NH Recovery Hub which offers a reliable source of information and resources at any stage of the recovery journey. nhrecoveryhub.org

Hope for NH Recovery has a mission to support people impacted by addiction through lived experience on their path to wellbeing. They are connected to a statewide network of recovery meetings and programming. hopefornhrecovery.org

Additional Support and Services in Manchester:

Safe Station is available at each Manchester fire station – a safe environment for individuals seeking assistance and treatment to start their path to recovery. manchesternh.gov/Departments/Fire/Safe-Station

Additional Support and Services in Nashua:

Revive Recovery Center is a non-profit, peer recovery support center with a mission to open doors and open minds for the recoverees in the community while providing a wide range of services for mental, physical and spiritual well-being. reviverecovery.org or call (888) 317-8312



What is Substance Use Disorder (SUD)?

Substance use disorders are treatable illnesses that can affect anyone, regardless of age, race, gender, employment status, income or education level. The disease is characterized by misuse of potentially harmful substances, such as opioids or alcohol, to the extent that it interferes with a person's well-being and/or ability to participate in daily activities such as work, school, and family life.