



Supporting Addictions Recovery

People in addictions recovery need our support and understanding. Here are some ways that you can support others in their addictions recovery:



Learn about addictions and recovery.



Help reduce the stigma!

- Stigma includes negative views that some people hold about those living with mental health and addictions issues like blaming the person for their condition or believing they are violent. Addiction is a health condition and it is not a choice or failure. Addictions affect people from all walks of life.
- Stigma can result in discrimination and create barriers for people living with, or in recovery from, mental health and addictions issues. This can include difficulty accessing needed services or finding housing or employment.
- We all deserve to be treated with respect no matter what stage of change or recovery one might be in.
- Reduce stigma by avoiding language that labels a person - people are much more than their illness. For example, instead of saying “drug addict” say “a person living with an addiction”.



Abstain from alcohol or drugs to support your loved one. Host an alcohol and drug-free dinner, games night or movies night.



Actively listen and be there to support your loved one through whatever they are going through. Help them come up with ideas to cope or get through stressful situations.



Encourage your loved one to seek support when they need it. This could include a counsellor, an Elder, a person they trust, or Alcoholics Anonymous (AA) meetings.



Help your loved one avoid triggers like people, places or things that lead them to want to use substances.



Understand that a relapse or temporarily falling back into using substances is not uncommon in recovery. Be patient, positive and encourage them to seek help (Counsellor, Elder or AA) to continue on their recovery journey.



Offer ongoing hope and encouragement and hold the belief that recovery is possible and is sustainable. Tell them that you care about them and that you are proud of them.



Invite them to go for a walk, swim, bike ride, or go to yoga class with you.



Try out new and healthy ways to have fun and relax together like learning a new skill, sport, or hobby.



Spend time with them on the land.



Communities can help by offering sober, fun events year-round such as adult dances, family dances, movie nights, cultural activities, Nordic walking groups, or sports.



To find out more and for free, confidential help in the NWT, visit:

www.hss.gov.nt.ca

or call the toll-free, confidential, 24/7 NWT Help Line at:

1-800-661-0844.

