

HOPE IS REAL. RECOVERY IS POSSIBLE.

RESOURCES TO HELP NAVIGATE
RECOVERY

For every person, every family, and
every workplace.



Welcome

Thank you for opening this resource guide and learning how you can take **the first step towards recovery** – for yourself or someone close to you.

Substance use thrives in the dark; it grows in the opposite way of most things we know in life. By shining a light on recovery, support, and treatment, **hope emerges** and we learn that **recovery is possible for anyone**.

This guidebook contains recovery resources for individuals, families, and workplaces as you navigate substance use disorder and begin the path to freedom. You may want to learn how to support someone in need and how to share this information in a way that feels supportive and free from judgment. If you are struggling with substance use, we understand that this path can be challenging, but **you are not alone**. Other people have felt the way that you do. **Treatment works and people recover**.

Together, let's take each step towards recovery with resilience and optimism.



Recovery-Specific

Crisis Supports

for everyone

988 Suicide and Crisis Lifeline: dial 988 (call or text)

SAMHSA's National Helpline: 1-800-662-HELP

Referral and information service for those facing mental and/or substance use disorders

Invest EAP's 24/7 hotline: 1-866-660-9533

Free and confidential counseling, resources, and referrals to treatment for EAP members and their families

Partnership to End Addiction: 1-855-378-4373

Get one-on-one help to address your loved one's substance use

*Recovery looks different for everyone.
Click the links above to learn more about each hotline.*



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For Self

“The opposite of addiction is not sobriety – it’s connection.”

–Johann Hari

This may be your first or your hundredth time considering recovery. Wherever you are at today: if you are reading this, **there is still hope.**

Recovery always begins with a sliver of hope. When we begin to believe that recovery is possible – that **you can experience true freedom** – a powerful message begins to light your path: **a better future is within reach** and **you can overcome.**

True recovery is more than abstinence (though there’s nothing simple about that). It’s a **deeply personal journey** and looks different for each person. Recovery is holistic and involves the whole person and your community; **learning to bring in support** and surround yourself with people who want the best for you is crucial to staying in recovery.

This may feel like a lot to take in, but you’re not alone. It’s okay to take it one small step at a time.

Below, you’ll find resources and communities that understand and support you, offering the **connection** that makes all the difference.



Resources for Yourself



A great place to start.
Treatment options,
articles, resources, and
referrals for anyone.



Find rehab, support
groups, and counseling
options near you.



Expert guidance to find
high-quality, evidence-
based care for alcohol
treatment.



People need people. Find
the best style of recovery
support group for you.



The Phoenix is an online
community connecting
people online and locally
through a wide variety of
sober activities.



Find a SMART Recovery
meeting: free, self-
empowering mutual
support group meetings

Recovery Supportive Apps

Apps can be [powerful tools in recovery](#); they offer continuous support, progress tracking, and even resources, all accessible at any time. The right app can **empower you to stay connected** to your recovery community and **maintain accountability** through personalized reminders and progress updates.

See below for a few **free** options and check your app store.



Connections

Track your sobriety, message trained counselors, receive clinical support, and much more.



Sober

Developed by a certified alcohol and drug counselor, this app focuses on preventing relapse.



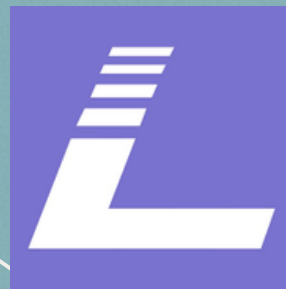
IAmSober

Track your sobriety, how much money you have saved, and more.



Nomo- Sobriety Clocks

Created by 2 people in recovery, this app tracks days sober, money saved, and other shareable milestones.



Loosid

An app with recovery resources and a platform to find local meetups or date others in recovery.



HereNOW Connect

Track your sobriety, message trained counselors, receive clinical support, and much more.





For Loved Ones

No one is immune. Each year, millions of Americans and their families are impacted by addiction or substance use disorders. It's an epidemic that **can touch anyone, any family, anywhere.**

Watching a loved one struggle with a substance use disorder can be distressing and can take a toll on your own mental and emotional health. Their addiction can consume your life, leading to stress, guilt, and worry about their safety and well-being. **It's a heavy burden to carry – but not one you should face alone.**

You can't force someone to confront their addiction, but your love and support can be crucial to their recovery. These resources will help you in helping your loved one **when they are ready** and also receive **support to protect your own well-being.**

When supporting a loved one, keep these important points in mind:

- Addiction is a disease, **not a moral failing.**
- Multiple pathways to recovery exist, and someone may require multiple attempts to find what truly supports their lasting recovery.
- Recovery is a **personal, lifelong journey.**
- Medications are not a crutch; they enhance survival, treatment retention, and reduce relapse risk.
- Setting **emotional and financial boundaries is essential** for your own mental health and stability; seek out your own supports too.





click each
image to
visit

Resources for Loved Ones



Nar-Anon family groups for
those with a loved one
affected by addiction
(incl youth-specific groups)



Al-Anon family groups for
those with a friend or
relative affected by
alcoholism.



SAMHSA guide to helping
a loved one deal with
substance use disorder



Where to begin? A guide to
starting the conversation
with a loved one

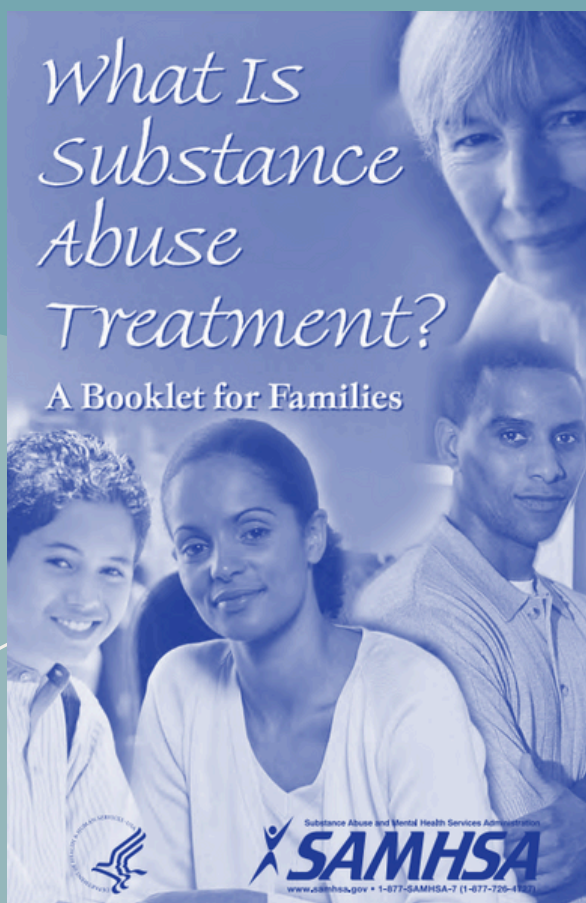


Helping someone with an
addiction:
Comprehensive article
with tips and scripts



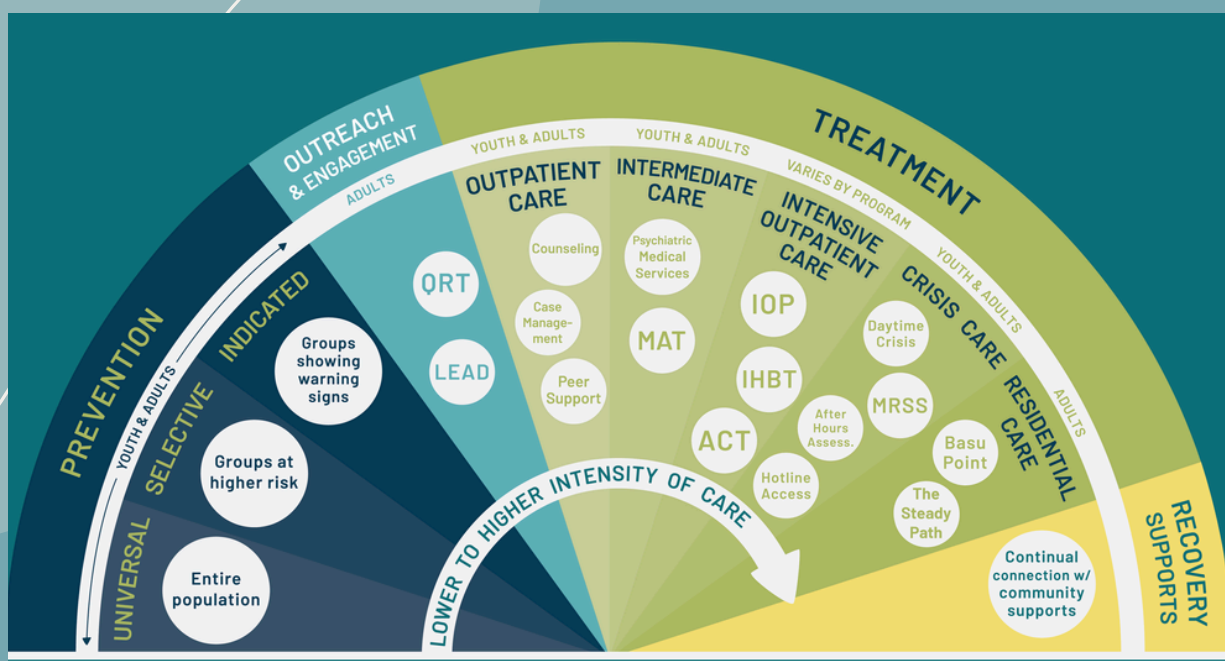
SMART Recovery groups
for families and friends

Resources for Loved Ones



SAMHSA's comprehensive, free booklet for family members of people with alcohol or drug misuse.

Understanding addiction treatment and the continuum of care:





For Workplaces

The road to addiction is crowded. With over 30 million employed Americans reporting substance use disorder (SUD) in the past year, recovery-friendly culture isn't just good for the health of employees overcoming addiction or with an untreated SUD; **many of the same components that support recovery also support resiliency and a healthy lifestyle for all**, including those struggling with depression and suicidal ideation – other rising problems in the workforce.

It's in the best interest of employers **create a resilient and healthy workforce** with an entire spectrum of wellness services for all employees and leaders. Being recovery-friendly can be synonymous with substance-free; there's no lowering of safety standards or tolerating working under the influence, which is a common misconception of the term. **Early intervention counseling and resources, stigma-reducing education** and resources, and manager training and supports help create a safe and healthy workplace for everyone.



Remember our consultation services for managers: call 888-392-0050 to talk this through with an EAP consultant.



click each
image to
visit or
download

Resources to Support Your Employees and Managers



Promote the EAP to your employees. Share this digital flyer and remind your staff that EAP can help address mental health concerns, substance misuse, life stressors, and so much more.



All supervisors and leaders have free and confidential access to our management consultation line. When you want advice on talking to an employee or a thinking partner on a workplace matter, call EAP.

FindTreatment.gov

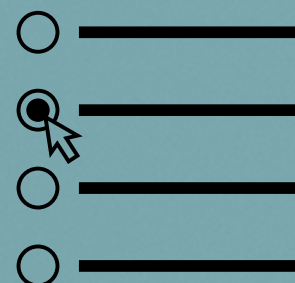
An online source of information for persons seeking substance use and/or mental health treatment facilities in the United States.

Enter a starting location:

Enter your address, city, or zip code

Search

Add this widget to your intranet to make it easy for your employees to search for treatment.



Share free, confidential online screening tools for a variety of mental health and substance use concerns.



click each
image to
visit

Resources for Your Workplace



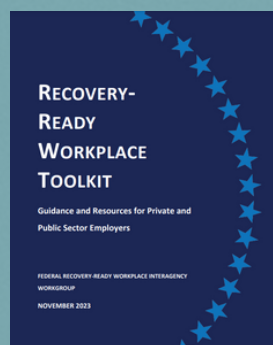
A substance use disorder, treatment, and recovery language guide that flags stigmatizing terms.



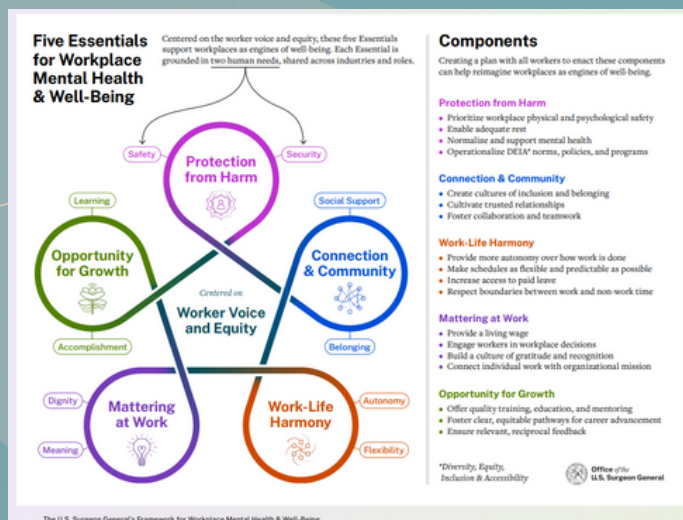
Evidence-based guide on language and stigma including recommended language and rationale.



Checklist to evaluate mental health in your workplace.



A comprehensive toolkit designed to help workplaces prevent and respond to substance misuse, develop a recovery-supportive culture, and more.



U.S. Surgeon General's Framework for Workplace Mental Health and Wellbeing

REACH OUT TODAY

Invest EAP is here to help individuals,
friends, family members, and employers.

Call 866-660-9533 or
request an appointment
online [here](#).

