

Resources for Information about Addiction:

12 Steps

www.12step.org

Alcoholics Anonymous

www.aa.org

Al-Anon/Alateen

www.al-anon.alateen.org

All Addictions Anonymous

www.alladdictionsanonymous.com

Co-Dependent

<http://www.codependents.org>

Nar-Anon

<http://www.nar-anon.org>

Opioid Dependence Information

www.OpioidDependence.com

SAMHSA Website

www.samhsa.gov

Suboxone Information

www.suboxone.com

Women for Sobriety (WFS)

www.womenforsobriety.org

WV Prescription Drug Abuse Quitline

www.wvrxabuse.org

1 – 866 – 987 – 8488

Suboxone Help Line

M - F 9:00 a.m. – 7:30 p.m. /EST

1 – 877 – SUBOXONE

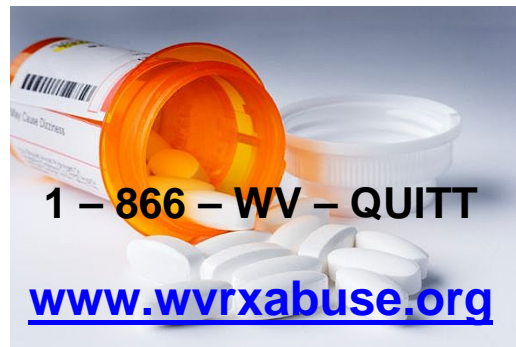
How to Help Yourself

- Learn more about addiction
- Ask questions
- Ask for help
- Attend 12-Step meetings
- Seek treatment for yourself
- Allow the addict's consequences to fall to the addict
- Take care of yourself by setting healthy limits
- Learn about co-dependency
- Know that you are not responsible for the addict

How to Help Your Loved One

- Be patient
- Encourage them to seek treatment
- Listen
- Be non-judgmental
- Remember addiction is a disease
- Avoid rescuing them

West Virginia University
Dept. of Community Medicine
P.O. Box 9190
Morgantown, WV 26506



West Virginia Prescription
Drug Abuse Quitline

1-866-987-8488

Friends & Family

WEST VIRGINIA PRESCRIPTION
DRUG ABUSE QUITLINE

Toll-free
1 – 866 – WV – QUITT

Scared or Frustrated?

Do you have a friend or loved one who is addicted to prescription drugs? We can help you with information, resources, and support to increase your understanding of addiction.

What is Addiction?

Addiction is a physical, psychological and social problem. Addiction does not discriminate-it affects all races, ages, genders, socioeconomic classes.

Addiction has a ripple effect on friends and family. Everyone is affected. It is natural to feel angry, frustrated and that you just want to 'fix' them. Just remember – you can't control it, you didn't cause it and you can't cure it, but you CAN be supportive of the loved one that is struggling with addiction. The best thing to do is to get help for yourself.

Do you do things to help your loved one avoid the consequences of their actions?

- Call into work for them
- Pay their fines
- Make excuses to others

These may seem like you are helping, but it actually perpetuates addiction. This is **enabling** – it makes it easier for them to continue using drugs. This allows or them to avoid responsibility for their behavior and prevents them from experiencing the uncomfortable consequences of that behavior. The discomfort of negative consequences is what motivates people to quit.

Help yourself by finding a source for support so that you can share openly without shame or fear of judgment about how difficult it is to love someone who has an addiction.

Focus on Yourself...

It is important that you take care of yourself by attending counseling for support. Twelve-Step meetings, like Nar-Anon and Al-Anon, are also available for the friends and families of those struggling with addiction.

Nar-Anon

<http://www.nar-anon.org>

Al-Anon/Alateen

www.al-anon.alateen.org



Types of Treatment for Family and Friends

Having a loved one with an addiction can result in anxiety and depression for you. You may want to seek help for yourself.

Types of treatment would include:

- Family
- Individual
- Group

This is only the beginning and there are many more hurdles ahead. Letting go of thinking you can fix the addict is difficult. The recovery process for you requires a long-term commitment.

Your friend or family member will need your help, but the work of getting clean, they will have to do themselves. It will be a difficult journey. It is important to stay strong and consistent with your own limits and seek support in local 12-step meetings. Understanding that relapse can be part of recovery is important too. Focus on one day at a time for yourself and for them.

Types of Treatment Programs for Addiction

- Inpatient treatment
- Outpatient treatment
- Individual/Group drug counseling
- Motivational therapy
- Behavioral therapy
- Family therapy
- Support groups
- Relapse prevention