



## How Can Family of Loved Ones Who Struggle with Addiction Get Help?

Families want the best for their loved ones. When you discover that your child, partner, relative or friend is struggling with alcoholism or drug use disorder, you want to do everything in your power to help them. Almost always, you spend all your energy and time supporting your loved one, you neglect your own well-being. It is equally important for *you* to start your own recovery.

**Join a support group** – Many emotions surround addiction, some of the most common ones being helplessness and guilt. Support groups can provide a sense of community and understanding from others who have been impacted by addiction. By sharing your own struggles, you feel less stressed and learn how to cope with your problems in healthy ways. There are many organizations that offer virtual and in-person support groups, including:

- Al-Anon – If your loved one is struggling with alcoholism
- Nar-Anon – If your loved one is struggling with drugs
- PAL – If your son or daughter is addicted to drugs or alcohol
- ACA – If your father or mother is struggling with addiction
- CoDA – If you are in a codependent relationship

**Talk to a therapist** – Living in an intensely emotional and unpredictable environment can lead to anxiety, depression, insomnia, and other health problems if you don't care for yourself. A therapist can uncover the specific causes of your stress or mental health disorder. They can give you expert advice on handling your loved one's addiction, managing stressful thoughts and emotions, and how to start your own recovery. These professionals also work closely with a psychiatrist who can prescribe you medications if needed.

**Find a recovery coach** – Through constant communication, you can build a personal relationship with a family recovery coach to learn how to best support your loved one and focus on strengthening your own well-being. Since most coaches have first-hand experience with addiction and recovery, they can share what did and didn't work for them. You learn proven ways to set boundaries, communicate in a healthy manner, and rebuild family relationships.

*Finding out your loved one is struggling with addiction can be an overwhelming time. As much as it disrupts their life, it disrupts yours too. Mountainside offers free support groups and family wellness workshops and extensive therapy services to help families start their own recovery. Please call (888) 833-4676 to speak with one of our addiction treatment experts who can help you begin your own recovery journey.*