



Addiction and Recovery: Increasing Awareness and Supporting Our Loved Ones

Addiction is a complex and multifaceted condition that affects millions of people worldwide. Long-term strategies and support from loved ones are essential for overcoming addiction.

Did you know?



130,000+ people in the UK started drug or alcohol dependency treatment between 2021 and 2022.

- Office for National Statistics (2022)



Alcohol dependency rates in London increased by **57.33%** between 2010 and 2020.

- Delamere, UK Drug Addiction Report (2022)

Supporting loved ones in recovery

Practical support – As a family member or friend of someone in addiction recovery, you can offer practical assistance by helping with things like transportation, childcare, grocery shopping, household chores etc.

Emotional support – Let your loved one know that you are always available if they need someone to talk to. Check in with them as often as you can to see how they're doing. Remind them that you support them, believe in them, and try foster a judgement-free space.

Support groups – Attend support group meetings that are specifically designed for family members and friends of loved ones struggling with addiction. These can help you to better understand the different phases of the recovery journey and how to best support them at each stage.

Family therapy – This helps family members and friends learn effective communication strategies and coping skills for dealing with the challenges of addiction and recovery.

Be patient – Remember that recovery takes time. It's important to keep a positive attitude and to reinforce the fact that you're not giving up on your loved one and that you believe in them – and that they should too.



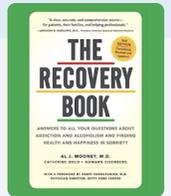
The importance of awareness in fighting addiction

- **Destigmatisation** – Addiction continues to carry a lot of stigma, making it difficult for many individuals and their families to get the support they need. By spreading awareness through popular communication channels and fostering spaces in which individuals can share their experiences openly and honestly, more people can gain access to the information, resources, and support they need to recover.
- **Knowing your options** – It's important to be aware of the treatment options available at each of the different stages of recovery. Some important options worth exploring include inpatient treatment, outpatient treatment, medication-assisted treatment (used to help manage cravings and withdrawal symptoms), and aftercare.
- Other practical strategies that can help with overcoming addiction and preventing relapse include **exercise, healthy eating, stress management, and goalsetting**.

Additional Reading

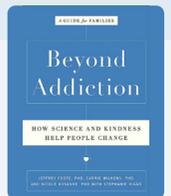
"The Recovery Book: Answers to All Your Questions About Addiction and Alcoholism and Finding Health and Happiness in Sobriety"

by A.J. Mooney, C. Dold, H. Eisenberg, and H. Haroutunian



"Beyond Addiction: How Science and Kindness Help People Change"

by J. Foote, C. Wilkens, and N. Kosanke



"It Takes a Family: A Cooperative Approach to Lasting Sobriety"

by D. Jay

