

# Resources for Families of People Struggling with Substance Misuse

## The staggering impact of Substance Use Disorder (SUD) on families:

**5X** Loved ones of people struggling with addiction are five times more likely to use emergency services \*

**50%**

Children of a parent with SUD are 50% more likely to be arrested as juveniles \*\*

**36%**

36% of spouses of someone with SUD suffer moderate depression and anxiety \*\*\*

## Why Self-Care Is Important

Self-care for the loved ones of someone misusing substances is critical to:



Find support and know you're not alone



Resolve conflicts within yourself



Understand how the disease works



Define the role you/your family will have in recovery

## How to Take Care of Yourself



- Do something **fun** for yourself solely for entertainment
- **Pray/meditate/practice** mindfulness
- Find a **confidant** to share one-on-one
- **Eliminate judgmental people** from your life
- **Resist** the temptation to isolate yourself

**“Family and friends are the true first responders; they’re the ones who are on the front lines of the battle, and who suffer the emotional wounds.”**

– Thomas F. Harrison & Hilary S. Connery

## Additional Resources



### Support Groups for Families:

Al-Anon, Families Anonymous, Nar-Anon, local church groups. Get support regardless of if your loved one does.



### Employee Assistance Programs (EAPs):

Your employer may offer an EAP that provides family support/counseling.



### Youturn Health Peer Coaches

Dedicated, certified support coaches with lived experience as the family member of someone fighting substance issues. Peer coaches work with you one-on-one to understand the nature of substance misuse, options for treatment and recovery, and coping strategies.



### Contact Us for Confidential Support:

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