FaithHavens

EDUCATIONAL BROCHURE

A Family Guide to Supporting Recovery

You don't have to navigate this alone.

For parents, spouses, adult children, friends, and caregivers

Your role matters

You can't control another person's choices, but you can learn, stay connected, set healthy boundaries, and care for your own well-being. Those things matter more than you may realize.

Warning signs to watch for

- Lasting changes in mood, sleep, appetite, or energy.
- Withdrawing from family, friends, faith community, or activities.
- Missing money or medications; legal or financial trouble.
- Talk of hopelessness or being a burden — take this seriously.

Having a difficult conversation

- Choose a calm, private moment — not during a crisis.
- Speak from care: "I love you, and I'm worried about you."
- Be specific about what you've noticed. Listen more than you speak.
- Offer concrete help, and expect more than one conversation.

Healthy boundaries

Boundaries are clear, loving limits that protect your safety, finances, and well-being. Decide them in advance, state them calmly, and follow through consistently.

Understanding relapse

Relapse is common and does not mean recovery has failed. Respond with concern rather than condemnation. If opioids are involved, keep naloxone on hand — overdose risk rises after a period without use.

Caring for yourself

- Rest, eat well, and keep doing things that bring you joy.
- Talk with someone you trust, or join a family support group.
- Consider counseling for yourself. Caregivers deserve care.

If someone needs help right now

If you or someone else is experiencing a medical emergency, call 911 or go to the nearest emergency department. If you are experiencing a mental health or substance-use crisis, call or text 988 in the United States.

Trusted resources

988 Suicide & Crisis Lifeline
Call or text 988 · 988lifeline.org

SAMHSA National Helpline
1-800-662-4357 · Free, confidential, 24/7

FindTreatment.gov
Search state-licensed treatment providers

NAMI HelpLine
1-800-950-6264

Al-Anon / Nar-Anon
al-anon.org · nar-anon.org

LEARN MORE

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