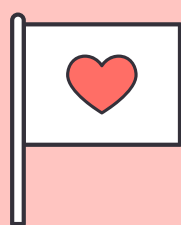


# BUILD YOUR SUPPORT SYSTEM



## Start by getting help.

It's hard to rebuild relationships when you need help with addiction. Professional treatment gives you the space, and resources, to focus on your recovery first.



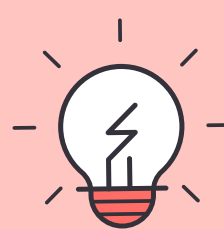
## Stay open and honest.

It's hard to be honest with yourself and others, especially when you're struggling. By remaining open and truthful when loved ones ask how you're doing, you're more likely to get the support you need.



## Don't be afraid to reach out.

Rebuilding connections can't happen if you bury your emotions or avoid having hard conversations. While you may be embarrassed or fear that a bridge is irreparably burned, you won't know how another person will respond until you approach them.



## Discover healthy interests.

You may find support in places you never new existed. When you discover healthy new interests, whether it's running, singing or volunteering, you make new connections that become part of your support system.



## Find people who understand.

Speaking with others who have struggled with addiction makes a difference. When you participate in treatment alumni events, go to AA or NA meetings, or head to other support groups, gathering with people who understand you can help you feel supported.

**If you struggle with addiction, you have support.**

[www.sprouthhealthgroup.com](http://www.sprouthhealthgroup.com)