

How can I help my loved one during their recovery?

Opioid addiction is a disease of the brain. Be patient and offer your support and encouragement, while avoiding enabling their addiction. Encourage them to seek professional treatment, such as contacting their healthcare provider or connecting with addiction services in the area.

Can opioid addiction be treated?

Yes, opioid addiction is treatable. Treatment approaches often include medications like methadone or buprenorphine-naloxone, counseling, and support services.

Is relapse common during recovery from opioid addiction?

Relapse is a common occurrence during the recovery process and not a failure. It's essential to support your loved one without judgment. Stay loving and encourage them to re-engage with their support network and seek professional help, such as their healthcare provider or addiction services, if a relapse occurs.



How can I prepare for a potential overdose?

- Visit <https://learn.redcross.ca> to learn more on how to prepare for an opioid emergency and receive a free naloxone kit
- Ensure you have a naloxone kit always
- Familiarize yourself with signs of an overdosed person such as:
 - Being unresponsive
 - Shallow, or stopped breathing
 - Pale skin
 - Dilated pupils
 - Nose/lips turned blue
- If signs are present, administer naloxone and call 911, the medication may take up to five minutes to work and may need to be re-applied if there is no change

How can I promote a healthy and supportive environment for my loved one's recovery?

- Encourage your loved one to engage in positive activities and routines
- Avoid triggers
- Establish a strong support system through engaging in activities such as joining a community support group, eating healthier and talking it out
- Ensure that you remain kind and loving throughout the journey so as to ensure your loved one feels understood, cared for and supported

You got this, we got you :)



SUPPORTING YOUR LOVED ONE THROUGH OPIOID ADDICTION





How can I address relapse without damaging our relationship?

Relapse is a common phase in addiction recovery. Approach relapse with compassion and understanding.

- Focus on supporting your loved one rather than blaming or shaming them
- Stay kind and encourage them to seek help
- Reinforce their progress
- Remind them that recovery is a journey and setbacks are a part of it

How can I rebuild trust with my loved one after they have struggled with addiction?

Rebuilding trust takes time and consistent actions. Set clear boundaries and expectations while allowing room for forgiveness and understanding. Encourage open communication and celebrate milestones in their recovery.

How can I advocate for better addiction treatment and support services in my community?

- Get involved with local advocacy groups or organizations that focus on addiction and recovery
- Write to local representatives, attend community meetings
- Share your personal experiences to raise awareness about the importance of accessible and quality addiction treatment and support services

How can I help reduce the stigma surrounding addiction within my family and community?

- Educate yourself about addiction to challenge stigmatizing beliefs
- Share accurate information with those around you and others
- Speak openly about addiction
- Encourage empathy and compassion
- Support local initiatives or organizations that aim to reduce stigma and promote understanding

Remember, each person's journey through addiction and recovery is unique. It's important to tailor your support to the specific needs of your loved one and seek professional guidance when necessary.

Call the Mental Wellness Support Line for more help 1.833.390.1041 ext 1

What can I do to take care of myself during this challenging time?

Self-care is crucial when supporting someone with addiction.

- Seek support from friends, family, or support groups like Al-Anon
- Take time to do things you enjoy
- Be patient and kind with yourself
- Allow yourself to feel your emotions
- Talk it out with a loved one or a counsellor
- Remember that it is a journey and take it one day at a time
- Remember that you're not alone, seek help when it gets overwhelming and take breaks

Additionally, consider accessing further help through counseling or therapy services.

- **MMF Mental Wellness Support Line**
1.833.390.1041 EXT 1
- **Manitoba Addictions Helpline**
1-855-662-6605
- **Youth Addictions Centralized Information**
1-877-710-3999
- **For 24-hour assistance, Klinik Crisis Line**
204-786-8686
Toll free: 1-888-322-3019
TTY: 204-784-4097
- **Addictions Foundation Manitoba**
204-944-6200 · Toll free: 1.866.638.2561