There is hope... healing requires we reach out.

Resources

Hope for Wellness Helpline: Ph: 1-855-242-3310

Online Chat: hopeforwellness.ca

Al-Anon Support Groups:

Saskatchewan: www.sk-alanon.ca

Non-Insured Health Benefits (NIHB): Mental Health Providers:

Ph: 1-888-441-4777











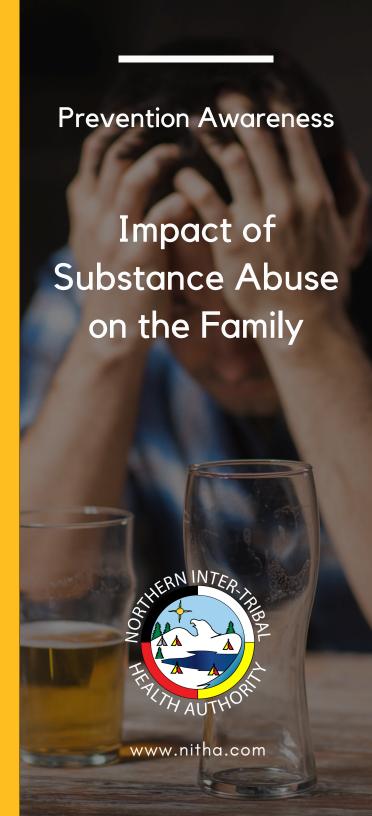
To contact NITHA



(306) 953–5000



www.nitha.com



Substance Use Disorders

Substance Use disorders clearly affect many people in addition to the individual with the problem, often creating a burden for the family and its members.



Types of Substance Abuse

- Alcohol use disorder.
- Cocaine use disorder.
- Cannabis use disorder.
- Tobacco use disorder.
- Methamphetamine use disorder.
- Opioid use disorder.

What are the effects?

EMOTIONAL BURDEN

Family may feel anger, frustration, anxiety, fear, worry, depression, shame and guilt, or embarrassment.



FINANCIAL BURDEN

This may be caused by money spent on substances, or money problems associated with the loss of jobs or reliance on public assistance.



RELATIONSHIP DISTRESS

Families may experience high rates of tension and conflict related to the substance use and problems it causes in the family.



FAMILY INSTABILITY

This may result from abuse or violence, or family breakup due to separation, divorce, or removal of children from the home by Child & Family Services.



Types of Support

- Individual Therapy
- Family Therapy
- Residential Treatment
- Outpatient Treatment
- Self-Help Group Support
 - Alcholics Anonymous (AA)
 - Narcotics Anonymous (NA)
 - Cocaine Anonymous (CA)
 - Al-anon (for family of alcoholics)
 - Al-ateen (for young people of alcoholics

