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

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## Resources

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Hope for Wellness Helpline:  
Ph: 1-855-242-3310  
Online Chat: [hopeforwellness.ca](https://hopeforwellness.ca)

Al-Anon Support Groups:  
Saskatchewan: [www.sk-alanon.ca](http://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](http://www.nitha.com)

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Prevention Awareness

## Impact of Substance Abuse on the Family



[www.nitha.com](http://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.

1

### 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.

2

### RELATIONSHIP DISTRESS

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

3

### 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.

4

## Types of Support

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

