Resources

Care Alliance for Opioid Addiction
802-776-5800 (Rutland County)
2-1-1 (Statewide - VT)

WITS End Support Group
802-785-5876

Rutland Area Prevention Coalition
802-775-4199
www.rapvt.org

Evergreen Substance Abuse Services
802-747-3588
www.rmhsccn.org

Recovery House, Inc.
802-446-2640
www.recoveryhousevt.org

Brattleboro Retreat
800-738-7328
www.brattlebororetreat.org

In case of an Emergency, Dial 9-1-1

There is a Solution
Opiate Abuse Impacts Everyone
You are not alone

There are millions of families across the U.S. with loved ones who struggle with opiate addiction. And thousands of them live in Vermont. Opiate addiction doesn't just affect victims. It affects personal relationships. It affects families and friends.

If you have a loved one who is struggling with substance abuse, you are not alone. Help is available. There are people, groups, and programs that you can turn to for guidance and support.

This is something we really need to talk about

Communication is Essential

One of the greatest barriers to finding help and support for families and friends is the lack of communication and awareness of resources. Furthermore, the stigma surrounding opiate abuse can add to this barrier, and discourage family members and friends from seeking support. However, it is essential to have support when trying to help your loved ones.

Opioid abuse is a medical disorder, not a moral weakness. Part of the solution is a holistic approach. This means support for not only abuse victims, but also for their families and friends. And it all starts with communication. By talking to other families about their experiences, you may learn how to help your loved ones. This discussion will also promote awareness of the issue, create stronger ties among your community, and help relieve some of the stigma associated with opiate abuse.

It is time to break down these barriers and take action. It is time to talk about it.

1. Do you worry about how much your loved one uses opiates? Yes  No
2. Have you been hurt by a loved one’s opiate use? Yes  No
3. Are important life events affected by your loved one’s opiate use? Yes  No
4. Do you feel helpless when it comes to supporting your loved one through their struggle with opiate use? Yes  No
5. Do you feel that your or your loved one’s safety is at risk because of opiate use? Yes  No

If you answered "yes" to any of the questions above, there are resources available for you and your loved ones. Please turn the page for more information.