



## Resources

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

**WITS End Support Group**  
802-785-5876

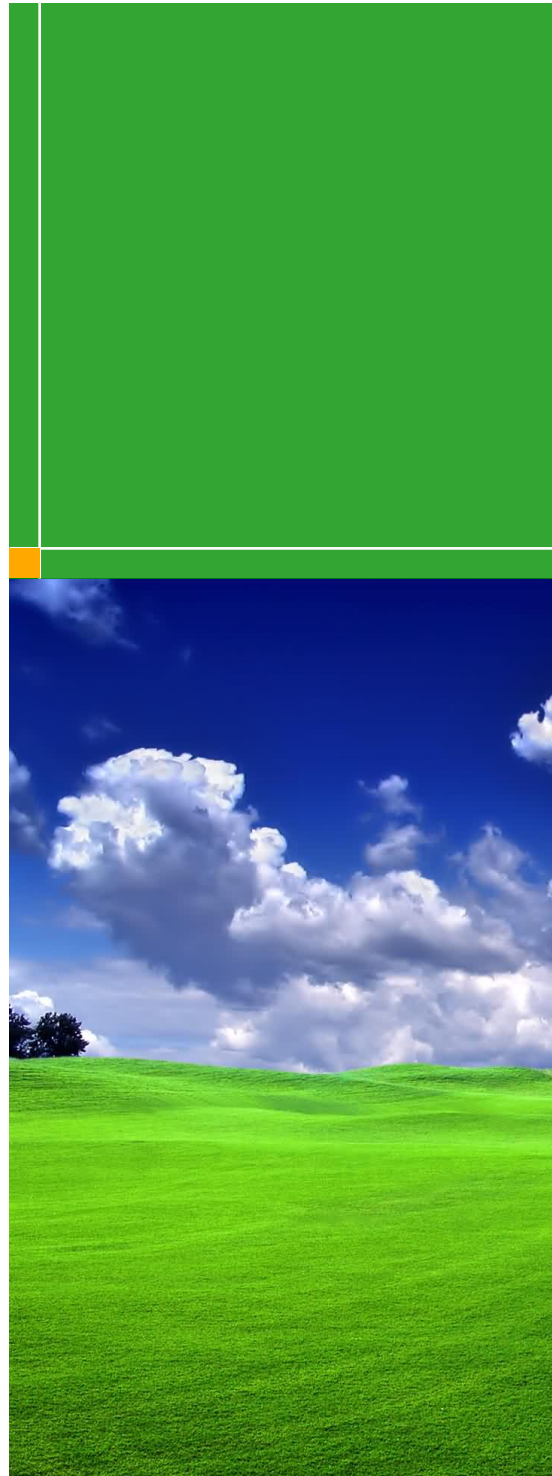
**Rutland Area Prevention Coalition**  
802-775-4199  
[www.rapvt.org](http://www.rapvt.org)

**Evergreen Substance Abuse Services**  
802-747-3588  
[www.rmhsccn.org](http://www.rmhsccn.org)

**Recovery House, Inc.**  
802-446-2640  
[www.recoveryhousevt.org](http://www.recoveryhousevt.org)

**Brattleboro Retreat**  
800-738-7328  
[www.brattlebororetreat.org](http://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.

