

Holiday Tips for Families of Substance Users and Those in Recovery

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FOR FAMILIES OF SUBSTANCE USERS

1. *Set clear, simple, doable boundaries for family gatherings. Be clear what is allowed and what is not.*
2. *Do not bring up old examples of being let down in the past*
3. *Keep an open mind—allow loved ones to opt out of family festivities without guilt*
4. *Remember you are dealing with someone may not be true to their word*

GLOUCESTER COUNTY DEPARTMENT OF HEALTH & HUMAN SERVICES

DIVISION OF HUMAN & SPECIAL SERVICES

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Gloucester County Board of Commissioners

Frank DiMarco, Director

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FOR THOSE IN RECOVERY

1. *Plan Ahead—Bring your own non-alcoholic drinks and have an exit strategy*
2. *Lean on Support: Stay connected to recovery meetings, sponsors or trusted friends*
3. *Set Boundaries: It's ok to say no to events that threaten your progress*
4. *Prioritize Self-Care: Rest, healthy meals, and quiet time can help manage stress*



**Gloucester County Office of
Addiction Services**
856-384-6885

NJ Connect for Recovery Hotline
www.njconnectforrecovery.org

**Gloucester County
Mental Health Board**
856-384-6889

Suicide & Crisis Lifeline 24/7/365
9-8-8

**Living Proof Recovery
Center at RCSJ**

TAKE CARE OF YOUR MENTAL HEALTH

If you or your loved one is experiencing overwhelming stress, sadness, or difficulty coping during the holiday season, or any time of year, support is available. 9-8-8 is open 24/7 and is staffed with specialists who are able to provide free confidential telephone support and referrals to local resources, for all ages. All calls and texts are anonymous and confidential, unless the situation is life threatening.

Call or text:: 9-8-8
Chat:: <https://988lifeline.org/>