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Inspiring Success on the Road to Recovery

JUNE 2021

Coping Strategies for RECOVERY

What are they and why they are important

By Jack Petti

Being in the field of addiction treatment for many years, we have heard thousands of stories from our patients. While it is true many factors can lead to substance use or addiction, in most cases it's the result of a person's attempt to deal with some aspect(s) of life.

Life can be overwhelming at times. Problems related to the emotional state of mind, finances, family life, work-life, social life, etc., can take a major toll on the way you live. In essence, mental health issues such as depression, anxiety, paranoia, insomnia, and more can pour gas on the fire of life's struggles. As a result, people often count on substances like drugs or alcohol for self-medication. Over time, this pattern grows and gives rise to addiction.

Now, here comes the real story

Many believe addiction can be defeated by just going to treatment. That's not true. No treatment facility can guarantee you will live a completely substance-free, sober life once you complete treatment. According to data from The National Institute of Drug Abuse, (NIDA) around 40 to 60 percent of people who were in active addiction experience several levels of relapse and find themselves back to square one in their journey towards lasting recovery.

In short, the struggle to remain sober is pretty common. If you want to be out of this statistic, it is crucial to understand how to cope with the triggers of relapse and what strategies prevent you from relapsing.

First the basics. If you want to be successful in recovery, it is important to find out the root cause of it. Is it trauma from the past, emotional struggles, or a certain situation that pushed you towards alcohol or drugs? In recovery, you cannot rely on the same coping mechanisms that involved substances to avoid stress. Developing healthy coping strategies will help prevent a relapse.

The cycle

In many cases of addiction, a person's instincts and desires are the culprits. In fact, these are the most prominent reasons for establishing a solid foundation for recovery. Addiction is more complex to understand than one can anticipate. While it varies from person to person, it normally occurs in three stages — known as the addiction cycle. The three stages are: **addiction, withdrawal and relapse**. Over the years, medical professionals have viewed the addiction cycle in different ways. However, the problem of addiction has not been always treated as a medical disorder.

Why a multidimensional approach is necessary for coping

One answer to achieving a healthy life, is adapting powerful coping strategies. You might be thinking if you have to practice all coping strategies at once, well...NO. Don't even try to use all such techniques once. The journey towards recovery is not the same for all. Therefore, you should count on reputable addiction treatment programs in order to adapt a perfect combination of coping techniques that will specifically work best for you.

It is important to get acquainted with the different types of coping strategies, because life changes with time and you may need more techniques that works the best for your situation.



What are some coping strategies for recovery?

Before we discuss various types of addiction coping techniques, consider this as your toolkit for battle with addiction. Educate yourself about each one and explore all of the options.

Reconsider your decisions

It is important to focus on all of your actions so you can evaluate your choices. Being attentive towards your actions helps to anticipate the potential self-harm or triggering cues, to keep you away from hazardous consequences.

Here is an example: Suppose the house of your old drug dealer falls on the way to your favorite restaurant. What would you do? It's best to find another route to reach the restaurant to avoid unnecessary temptation you may get after seeing the dealer's house.

Try spiritual practices

While working with patients, we have noticed the amazing benefits of spiritual and religious practices. This technique not only helps by making you feel accountable, but it is a great source of empowerment, motivation, and hope. It can introduce you to several other faith-based support programs such as bible study and church support. For this reason, many professional facilities recommend spiritual practices for patients during and after addiction treatments. Find what works for you.

Find a support group

There are various support groups to help you cope with your addiction-related problems. Consider getting engaged in such faith-based or secular

Coping Strategies— *cont. page 6*



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Publisher's Note

By Barbara Nicholson-Brown
barb@togetheraz.com

Still taking it a day at a time

This month as I celebrate 31 years clean and sober, I am still in awe and very grateful. Never in my wildest dreams did I think sobriety would take me this far. That I would live this long without taking any substances whatsoever—seemed impossible in the beginning.

The world of sobriety and recovery treatment has made quantum leaps since I stopped. Alcoholism and addiction was not as openly discussed as it is today. I have witnessed more and more people come forward to share their stories and let others know that there truly is a better way than being chained to a bottle or a drug. The stigma is still there, but progress has been made, at least through my eyes.

Being that I grew up in a home where alcoholism was prevalent, the shame of it took hold of every family member. We did not discuss it, we tried to disguise and hide it from anyone outside of our walls. It was then I learned how to make excuses and lie. I certainly did not discuss what was going at home with my friends. I also was determined not to follow the path of what I saw at home, but eventually there I was on the road downhill.

It's not so much about the amount of years I have today, it's more about starting my day with a prayer to stay sober another 24 hours do the best I can with integrity and honesty, and when I'm wrong or hurt someone I can clear it up before anger, resentment, even ego get out of control.

I've learned to navigate the ups and downs of life sober with the help of so many people, we truly care about each other, it is all a gift and something I hope never to take for granted. Thank you to all who are in my life on this amazing journey.

Barb



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What Are We Waiting For?

Do you notice when people say or do things that hurt you, you don't tell them? Why not?

By Dina Evan, PhD

We live in such odd times but one of the gifts is to notice if we are doing things we have continued to do since we were born, as if the rules for how to be in life are written in stone somewhere. In addition to being a therapist, I am also a minister, and have had the privilege of marrying many couples including 10,000 gay men and women on the steps of the I.R.S in a demonstration for equal rights.

I have officiated at funerals many times and listened to the wonderful stories and shared experiences loved one have had with the deceased. But the question that has come up recently is, have we said the same things to our loved ones while they are alive — and did the deceased know how we felt about them before they left? Why do we wait until our loved ones are gone to tell them the sacred truths and give our gifts of love?

Do you notice that when people say or do things that hurt you, you don't tell them? Why not? Are we afraid they will be offended? Are we afraid to lose them? Are we afraid it will anger them? If that's true then the real issue is we don't have the tools to say it in a safe



way which is not offensive.

Here are a few safe tools so we can step into being fully authentic and begin to speak truth to those we care about the most.

The first tool is to totally eliminate the word YOU from the conversation completely. Say whatever you want to say from an 'I' space. For instance, you call a friend or family member at 8:45 p.m. and sense they are irritated every time. So, the next time you see them, simply say, "You know, I get the sense it isn't convenient for me to call you after 8:00 pm, what would help me is if I could know what your best times to call are."

Another more difficult issue might be that you feel as if your partner isn't really into have sex with you any longer.

So you say, Honey I never doubt how much we love each other and I would really like to bring more excitement into our intimate times. I thought it might be fun to make a list of what we are currently doing we like and what we don't enjoy as much, and also think of some new ways to spice it up a bit. Then let's get together and talk about it. Are you game?" Notice we never use the word you in either of these examples because YOU immediately, puts your partner on the defensive and makes them feel at fault or accused.

There are many other places we have difficulty being our real selves and telling our truth. In many homes the attitude is, their path, their issue...not my business. And not also very loving if we have information that may help and we withhold it. But, how do we reconcile support with ignoring the fact someone you love is hurting themselves? One way is to offer support with the acknowledgement their decisions are theirs to make and you will respect them. For instance, we have people in our family who listen to the dark information on the internet about the COVID and are refusing to get vaccinated. I simply said

to this person, "You know how much I love you and I respect your decision to do what you feel is right for yourself and your family. But I would like to ask if I can share a thought I have about it before you make a final decision." The answer was yes. So I simply said, "One of the things that helped me to make my decision is I realized the people who are vaccinated are not in hospitals dying. Only those who are not vaccinated are becoming ill and dying with this pandemic and I wondered if you had noticed this as well." That was it. I felt as if I had offered support before it was too late and the person still made his or her own decision.

One of the things that has come out of this era stronger for me is the life-long question, I am forever asking myself, only now the voice is louder. That question is, "Am I doing what I came here to do and being who I came here to be?" If at any time, your answer is "no," ...then **what are we waiting for?**



Dr. Evan is a marriage, family, child therapist and consciousness counselor. She has presented nationwide seminars and workshops, written several books and created meditation CDs for couples, individual and mental health professionals. She has also won national acclaim as a human rights advocate. Visit drdinaevan.com or call 602-571-8228.



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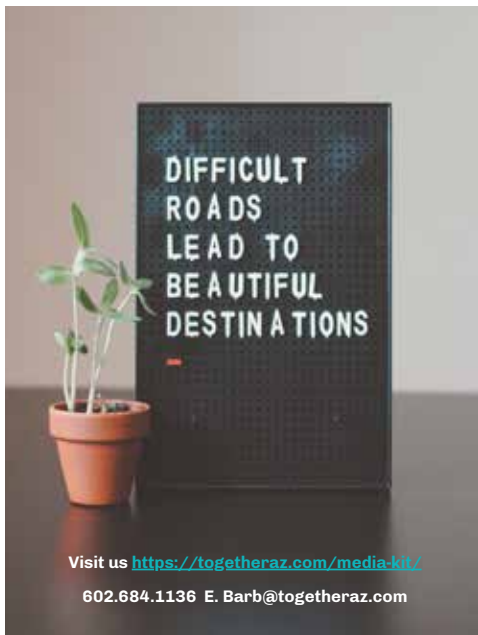
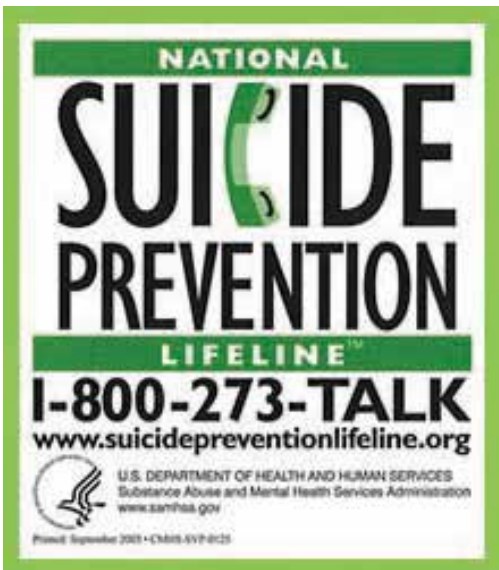
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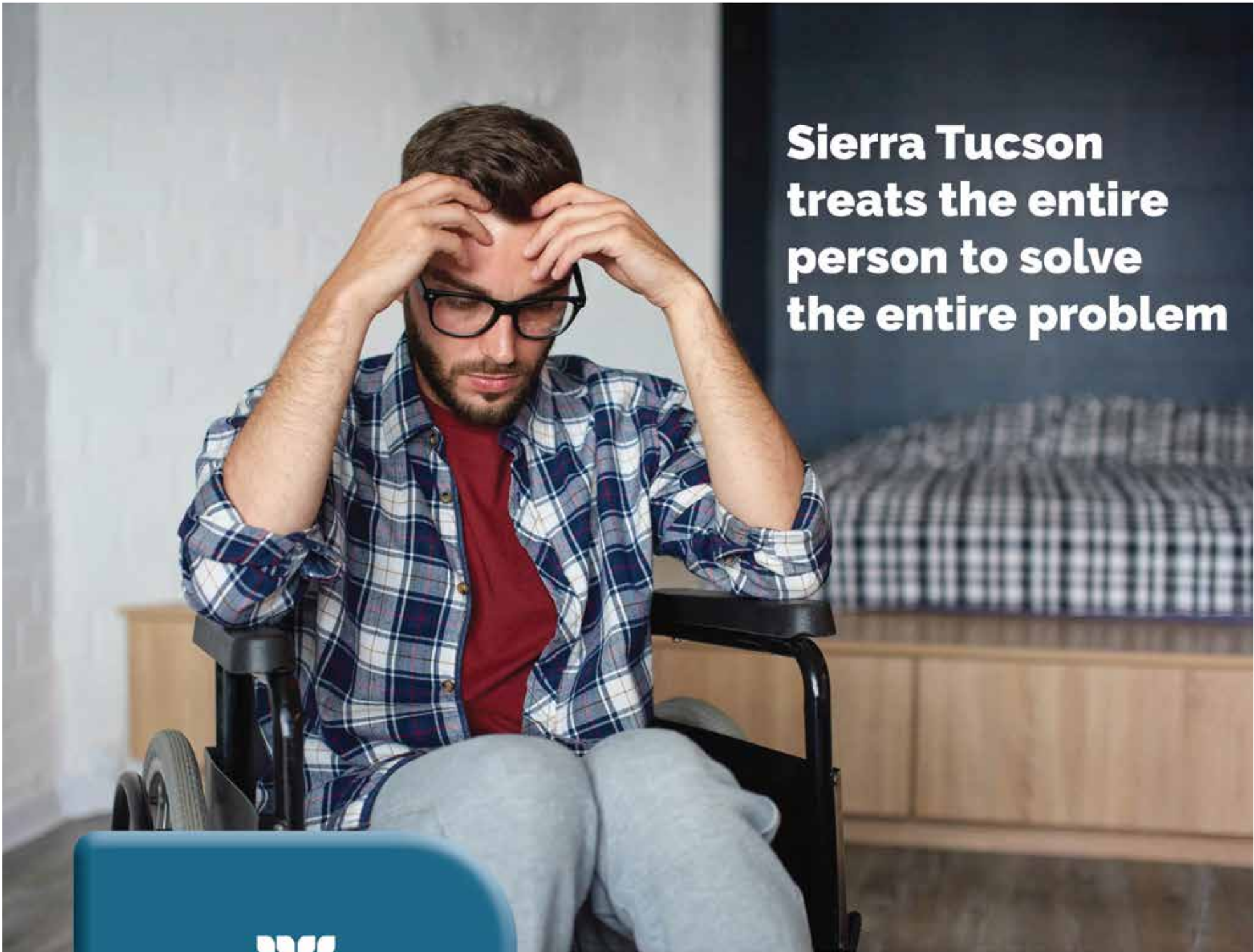
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Coping Strategies from page 1

support programs. Look into non-12-step and 12-step programs in your area. With the help of peer-to-peer support, these support programs can inspire you to remain sober through shared experiences. You have the opportunity meet people with similar experiences and be more encouraged, accountable, and supported, and you'll learn new ways to cope from your fellows. And, get lots of phone numbers!

Try mindfulness practices

It is vital to accept reality and live in the present. For this reason, mindfulness can be one of the most effective ways to deal with substance use. In most cases, addicted individuals find themselves thinking too much about their past or keep worrying about the future. This can lead to significant distraction from some incredible abilities of the present. Practicing mindfulness throughout the recovery process helps to focus on the present and face the surroundings as they are.

Improve your social skills

You are far more likely to isolate yourself from social life when you are deep into alcohol or drug addiction. To hide their secrets, people struggling with substances often push away friends and family members. Moreover, their relationships with spouse, children, siblings, co-workers, etc., can be under tremendous tension under the weight of their substance addiction.

Improving your interpersonal skills can play a big role in your attempt to cope. It has the power to make you aware of the importance of honoring the boundaries of the people around you, and how to behave in social gatherings. It introduces you to effective ways to realize the benefits of healthy intimacy and discover new ways of expressing your needs.

With communication skills, you can learn how to sum up things and express them conveniently to others and understand what they have to say. Enhanced interpersonal skills have other benefits too, such as improved listening skills, accountability, and a better understanding of the others views.

All such aspects of great social skills lead to healthy relationships. When you feel overwhelmed about the thoughts of your substance use or addiction, you can communicate your feelings with these people and let them know you need support and care.

Learn to say No

Even though this is one of the most obvious coping strategies, it has great power to prevent a relapse and avoid a dent in your recovery. However, saying **no** to things is not always easy, especially temptations and trigger cues.

For this reason, it is crucial to work on your refusal skills and learn to say no. This may sound a bit weird and silly, but practicing to say NO, out loud, to drugs and alcohol, and even practicing it in front of the mirror can offer a lot of benefits. Avoid people, places and things that are unhealthy for your recovery.

Learn to manage anger

The impact of anger is more than you know on your mind and psychological state as it is one of the strongest emotions. Anger can fuel your heart rate, blood pressure, and body temperature and make you feel things are out of control. In short, such situations can provoke you to pick up drugs or alcohol in order to manage feelings and outer situations.

With proper anger management skills, you can learn to express your anger in the best way and without being confrontational or aggressive. It significantly reduces the harmful and negative consequences of anger and aggressiveness. It teaches you to indulge your mind in other activities such as physical exercises, music, etc. to help to calm down your mind and relieve stress. Seek out a professional who specializes in anger management if needed.

Get involved in activities you love

Being a person who is addicted to alcohol or drugs, you are more likely to invest time in arranging or taking the substance. Ultimately, things once you used to like are sidelined. But now, as you are trying to lead a lasting sober life, get those things back into your life. If there are none, find new activities and hobbies.

Apart from fostering your sense of well-being, accomplishment, and fulfillment, hobbies and activities play a big role in your way to recovery. If you are wondering what things can spark interest in you, you can consider several options such as learning a new musical instrument, learning a new language, cooking, listening to music, reading, sports, crafting, gardening, and more. You can also try volunteering as it can take you out of your regular concerns and worries by offering you a chance to help others.

Enhance your problem solving skills

Sometimes, it is very difficult to avoid problematic situations. During hard times, being proactive and stopping yourself from turning to alcohol or drugs is key. However, it is not always easy, which is why you have to work on it daily. You have to learn how you can deliberately and mindfully plan out your actions and behaviors to get the best results in the end.

Make sure that you do not get easily overwhelmed by the outcomes and instead, find the root of the problem and do something about it to overcome the issue.

Stay away from high-risk situations

When you strategize your behaviors in the best way, it helps you avoid potentially risky situations and eventually keeping the triggers at bay. There is one common term you will hear in recovery — H.A.L.T. which stands for **Hungry, Angry, Lonely, Tired**. This is one of the best ways to remind you of the most common situations that can provoke you to use substances during your recovery period.

For example, suppose you have a pile of work from the office and you are feeling stressed out and tired, you have to try your best to remain calm and focus on the things that you can accomplish. To do that try contacting your near and dear ones to get some mental support. Talking to them can function as a motivation to you and help boost your mood and reassert your intentions to be sober.

Keep negativity at bay

Negativity can make you more susceptible to substances and wreaks havoc in your life by causing more chances of imbalance in your mental state.

But remember, there are some negative situations we cannot avoid. For this reason, you have to learn how to be calm and work positively during tedious times in order to cultivate positive thinking. Become aware of coping strategies to deal with negative thoughts and let them go — so you can move on without damaging your recovery process.

Improve your social support network

Needless to say, most people struggling with addiction withdraw themselves from engaging in healthy relationships. Instead, they get more acquainted with people who share similar self-destructive habits and behaviors. However, if you are serious about living a sober life, you must work on reshaping your social network.

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Remember, self-acceptance in recovery is very important in order to maintain your recovery process and it needs you to develop supportive and negative relationships. No matter if it is about making a new friend or repairing a damaged relationship with someone you know, maintaining positive relationships with people is so important for long-lasting recovery. It not only helps you to defeat loneliness but provides you with much-needed support when you need it the most.

Learn to manage stress

Stress is one of the biggest triggers of addiction. Even though stress is a part of every normal life, sometimes, people fail to handle it in an effective way or simply encounter situations with enormous amounts of stress.

Learning the right ways of stress management can help you handle stressful situations and reduce the chances of falling for triggers that can lead to drug or alcohol use. A few ways to manage stress are exercising, counseling, working on communication skills, friend and family support, and having a sponsor. Such activities can be helpful for you to express your feelings and prevent negativity from building piles of stress and pushing things out of control.

Create healthy habits

Addiction to drugs and alcohol takes a major toll on our physical and mental well-being. It often makes you avoid even the normal aspects of self-care such as exercising, healthy eating, and self-grooming. When you lack such positive activities, you end up feeling sick and depressed.

You can consider developing healthy habits in order to counter this negativity related to substance addiction. Plus, you should learn to take good care of yourself, your mind, and your body. When you choose good dietary habits, it helps you avoid triggers associated with hunger and provide you with proper nutrition that helps your body to recover. Exercising releases endorphins (a chemical that causes happiness) and keeps you distracted from temptations.

Final thoughts

No matter if you are trying to live a sober life or are already on your recovery process, it's necessary to be involved and invested in effective coping techniques. If your drug or alcohol addiction is something you are worried about, it is recommended you contact a trusted treatment center today.



Jack Petti is passionate about helping people struggling with addiction and mental health problems. Apart from being the Chief Executive Officer of Renaissance Recovery, he plays multiple other roles at Renaissance Recovery. With proper support and knowledge, he focuses on establishing a solid foundation for his clients' recovery. Visit www.renaissancerecovery.com or call 866-330-9449.

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quality moments of solitude vs quantity.

Anxiety

Many people have anxiety — but not everyone has an anxiety disorder. The Mayo Clinic describes clinical anxiety disorders as involving “repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes (panic attacks).”

Experts recommend seeking medical attention if anxiety is interrupting your work or other parts of your life; if you have suicidal thoughts, get medical care as soon as possible.

Depression

Depression is a mood disorder. It can begin at any age, but often starts in adulthood and can be spurred by family history, certain illnesses or medications, or stress and trauma. Those who suffer from depression may endure persistent feelings of sadness or hopelessness.

"More than just a bout of the blues, depression isn't a weakness and you can't simply 'snap out' of it," according to the Mayo Clinic. "Depression may require long-term treatment."

Some common symptoms can include fatigue, loss of interest in hobbies, changes in sleep, appetite or weight, and thoughts of death or suicide, according to the National Institute for Mental Health. Experts recommend psychotherapy, medication, or a combination of the two, there is no "one-size-fits-all" approach. (Source: Staff, USA TODAY Published May, 17, 2021)

Mental health glossary to explain what you're feeling

"I'm depressed." "I'm anxious." "I'm burnt out."

The vocabulary of mental health has seeped into our everyday lives. While some may use these terms to speak about a specific diagnosis, others use them casually, without paying much attention to distinctions. Emotional exhaustion, isn't a clinical term, but that doesn't mean the experience of it is *any less real*. What is the best way to describe a feeling you can't quite put your finger on? Here's a look at some of the most buzzed-about terms:

Burnout

Stressed or overwhelmed about work? It might be burnout. According to the World Health Organization, burnout is a form of job-related stress that has not been successfully managed.

Common symptoms include feelings of energy depletion, cynicism about one's job, and reduced professional efficacy. Experts recommend cultivating a healthy work-life balance, a strong support system and a positive outlook to combat burnout.

Emotional exhaustion

Emotional exhaustion is not a specific clinical syndrome, but mental health experts say it can lead to, or be accompanied by other mental health conditions like a major depressive disorder. "Emotional exhaustion is this sense of overwhelmingness. Overwhelmed to the point where you feel like you don't have the capacity to deal anymore," said Vaile Wright, senior director of health care innovation at the *American Psychological Association*. "It's physical and mental tiredness. It's difficulty concentrating. It's all the things we experience when we're just at our capacity." To combat emotional exhaustion, experts suggest you set boundaries, and hone in on what makes you feel good emotionally.



Languishing

If “burn out” was the unofficial 2020 COVID-19-era mental health buzzword, “languishing” is its 2021 counterpart. Made popular by a *New York Times* piece by Wharton psychology professor Adam Grant, languishing is “the neglected middle child of mental health,” Grant wrote. “It’s the void between depression and flourishing — the absence of well-being. You don’t have symptoms of mental illness, but you’re not the picture of mental health either.”

Those who find themselves languishing— feeling a lack of focus and a general purgatory between mental wellness and illness — can try to carve out some uninterrupted time to feel better about accomplishing tasks, focus on small joys and victories. It's okay to ask for help.

Alone

According to *Psychology Today*, this is the opposite of lonely. It's the dissatisfaction that comes from not spending enough time by yourself. And during the pandemic, when home, school and office life has been combined in one space, this feeling is becoming more common.

"Some people inherently desire more solitude than others, and when it's not connected with shyness or social anxiety, seeking time alone is a perfectly well-adjusted thing to do," writes psychologist Virginia Thomas. "However, when this desire isn't fulfilled, the feel-

ing of loneliness results (the prefix "a" indicating not, as in asymmetrical)."

Thomas says researchers suggest plan alone time to help ease this feeling. If alone time is scarce, focus on

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The teen and early adult years are when children are most vulnerable to marijuana’s harmful effects. It can affect how their brains develop, grades, relationships and physical health. Risk for addiction increases too.

National trends have shown generally low rates of youth marijuana use. Still, a recent spike in adolescent and young adult use, coupled with a decade-long decline in thinking about marijuana as risky or harmful, is concerning.

Why do young people use it?

Regardless of whether a young person uses marijuana “to feel good, or better”, environment often shapes their beliefs and attitudes. These influence choices around marijuana use and its potential consequences.

A family history of substance use or addiction increases risk of use. Risk also increases with a parent or older sibling who uses marijuana, along with easy access to the drug in the home, neighborhood or at school.

Friends and peers

Research shows having peers who use substances is one of the strongest predictors of a young person’s likelihood of trying and using a drug. In our national survey of teens, we found most who said they have a friend who uses drugs reported having more than one friend who does so.

Media and pop culture

Movies, TV shows, music and social media are strong influences in young people’s lives which tend to glorify marijuana use and downplay its harms. We surveyed teens, and a third reported their main source of information about drugs is social media, other teenagers or the internet — sources that are often unreliable.

Marijuana receives a lot of attention due to nationwide legalization efforts. It’s often viewed as harmless and teens and young adults tend to discount its risk. About three-quarters of adolescents believe infrequent marijuana use does not harm the body. The majority believes it is safer than alcohol.

Mental health problems and stress

Some young people use marijuana to try to relieve their feelings of depression or anxiety. Marijuana use can worsen mental illness and lead to addiction in some individuals.

Why be concerned?

The strength or potency of THC – the psychoactive ingredient responsible for the “high” associated with marijuana – has increased steadily since the 1960s. Between 1995 and 2018, the average THC concentration in leaf marijuana increased nearly fourfold, from 3.96% to 15.61%. There has also been an increase in ER visits involving marijuana, suggesting the drug’s current strength is responsible for worse health consequences than decades past. Higher potency is also associated with

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more severe dependence and a greater likelihood among adolescents of developing psychosis and anxiety disorder.

Prevention Steps

Despite what many parents believe and feel, you have tremendous influence over whether your children use substances, including marijuana. Kids have shared their parents have the greatest influence over their attitudes and behaviors around substances.

Know the facts

You are an essential buffer between your child and the many influences that encourage them to use marijuana. Try to do your homework and find up-to-date information on the how, where and why young people use marijuana.

Be ready with honest answers, shared in an age-appropriate way, so that they see you as a good source of information.

Start early

By talking early, you are helping frame a healthy mindset when it comes to marijuana. Pre-middle school and high school conversations can lessen your child’s intention to try or use in the future, as well as influence how they approach friendships with peers who do use substances. It’s important to keep talking as they get older, too. The time when parents pull away often coincides with a period of increased risk of teen substance use. Try to balance setting clear expectations and rules about drug use, while granting more choice, flexibility and independence for less risky behaviors.

Have frequent and honest conversations

Look for opportunities to discuss marijuana with your child calmly and casually. Conversation starters can be news stories, school lessons, advertisements, seeing someone use marijuana on TV or in a movie or smelling it in public. Be ready to listen, understand their perspective and try to avoid lecturing. It can help to start with open-ended questions about their perception of marijuana use, such as “Why do you think kids try marijuana?” and “What do you know about the risks of using it?”

These conversations aim to acknowledge marijuana’s potential appeal and help them weigh the risks against the perceived benefits. Try not to use scare tactics or threaten. Instead, explain that you genuinely care about their health. Do your best to have these conversations frequently and, if you can, before they try marijuana for the first time.

If there is a history of addiction in the family, your child’s risk of developing a problem with marijuana increases. As you would with any family disease, explain why they need to be more careful than their peers about substance use.

(Source: drugfree.org/article/marijuana-what-you-need-to-know/)

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Sober Living AZ 602-737-2458

Stewart Counseling 602-316-3197

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RESOURCES

ACT Counseling 602-569-4328

AZ Center for Change 602-253-8488

AZ. Dept. of Health 602-364-2086

AzRHA 602-421-8066

Chandler Valley Hope 480-899-3335

Choices Network 602-222-9444

Compass Recovery Center
800-216-1840

Cornerstone Healing Center
480-653-8618

Crisis Response Network
602-222-9444

The Crossroads 602-279-2585

Dept. Problem Gaming
800-NEXTSTEP

Desert Drug Dog 602-908-2042

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TERROS Health 602-685-6000

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Therapists/Interventionists/Coaches

Dr. Marlo Archer 480-705-5007

Carey Davidson 928-308-0831

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Dr. Dan Glick 480-614-5622

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Anger Management 520-887-7079

Behavioral Awareness Center
520 629 9126

Center For Life Skills Development
520-229-6220

Co-Anon Family Groups
520-513-5028

Cocaine Anonymous 520-326-2211

Cottonwood Tucson 800-877-4520

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Nicotine Anonymous 520-299-7057

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Sex/Love Addicts Anonymous
520-792-6450

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Sierra Tucson 800-842-4487

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Resources & Helplines

The providers listed are available to assist you. In an emergency dial 911

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Al-Anon	602-249-1257	Narcotics Anonymous/Phoenix	480-897-4636
Tucson Al-Anon Information	520-323-2229	Narcotics Anonymous/Casa Grande	520-426-0121
Adult Children of Alcoholics	aca-arizona.org	Narcotics Anonymous/Flagstaff	928-255-4655
Arizona Addiction	602-737-1619	Narcotics Anonymous/Prescott	928-458-7488
AZ Women's Recovery Center	602-264-6214	Narcotics Anonymous/Tucson	520-881-8381
Bipolar Wellness	602-274-0068	Nar-Anon Family Groups	(800) 477-6291
Child Abuse Hotline – Support & Information	800-422-4453	National Youth Crisis Hotline	800-448-4663
Cocaine Anonymous	602-279-3838	Overeaters Anonymous	602-234-1195
Co-Anon	602-697-9550	PAL (Parents of Addicted Loved Ones)	480-300-4712
CoDA	602-277-7991	Parents Anonymous	602-248-0428
COSA	480-385-8454	Phoenix Metro SAA	602-735-1681
Crisis Help Line – For Any Kind of Crisis	800-233-4357	RAINN (Rape, Abuse, Incest National Network)	RAINN.ORG
Crisis Text Line	Text HOME to 741741	Rape Hotline (CASA)	602-241-9010
Crystal Meth Anonymous	602-235-0955	Sexaholics Anonymous	602-439-3000
Debtors Anonymous	(800) 421-2383	Sexual Assault Hotline (24/7, English & Spanish)	800-223-5001
Domestic Violence	800-799-SAFE	Sex/Love Addicts	602-337-7117
Families Anonymous	602-647-5800	Sex/Love Addicts	520-792-6450
Gamblers Anonymous	602-266-9784	Sex Addicts Anonymous	602-735-1681
Grief Recovery	800-334-7606	S-ANON	480-545-0520
Heroin Anonymous	602-870-3665	Sober Living AZ	602-737-2458
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		Suicide Prevention Lifeline	800-273-8255
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