



Addiction Solutions Of Nantucket

Breaking the Stigma of Addiction

No matter what the situation, no one wants to feel devalued or judged.

If you know someone facing addiction and the stigma associated with it, you can help by offering empathetic and nonjudgmental support by:

- Avoiding hurtful labels
- Being kind to people in vulnerable situations
- Listening without judging
- Supporting rather than avoiding
- Replacing negative attitudes with facts
- Treating people with dignity and respect
- Reaching out with care and compassion
- Speaking up when you see someone being treated poorly
- Sharing your own experience of addiction-related stigma
- Recognizing that addiction is an illness and not a weakness
- Offering passionate support

According to Hazeldenbettyford.org, "Today, the stigma of addiction is seen as a primary barrier to effective addiction prevention, treatment and recovery efforts at the individual, family, community, and societal levels. Addiction stigma prevents too many people from getting the help they need."¹

Let's shine a light on people who are in recovery and, in doing so, expose the long-hidden reality that people do recover from drug and alcohol addiction; that it's a chronic disease that can be successfully managed for life; and that it affects individuals who are every bit as moral, productive, intelligent, talented—and humanly flawed—as the next person. If you or a loved one is struggling with addiction to drugs or alcohol there are several ways to get help.

¹ <https://www.hazeldenbettyford.org/recovery-advocacy/stigma-of-addiction>

Where there is help, there is hope.

<http://AddictionSolutionsNantucket.com> email: help@AddictionSolutionsNantucket.com (774) 563-1907

Addiction Solutions of Nantucket Inc. is a Public Charity 501 (c) (3) as determined by the IRS, March 21, 2016