

# Here are 10 things you can do for Treatment, Peer Supports & Beyond

1

Never give up on someone with a substance use/mental health disorder

2

Reach out for support if you yourself are struggling

3

Help spread the hope that recovery is possible

4

Let someone struggling know that they don't have to live like this anymore

5

Always ask what someone needs, never assume

6

Attend a family/loved one support group yourself to learn about your own recovery

7

Volunteer your time/talents with a recovery friendly organization- we need you!

8

Learn about recovery friendly language

9

Be an advocate

10

Learn about the resources in your community



JUPITER  
HALL

