

HOW TO FIND FAMILY SUPPORT GROUPS

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If you have ever experienced helping a friend or loved one with an addiction, you know it can be a drawn-out and emotional process. Just like the addict, it's important for you to know that you don't have to face this venture alone. There are a vast number of resources available for families to help cope with the journey ahead of them.

WHAT KIND OF HELP IS AVAILABLE?

The struggles families can face when helping a loved one with addiction can vary from moderately stressful to verging on traumatic. Everything from abuse at the hands of the addict to resentment fostered throughout the family, can be helped through using available resources. Determined by the level of assistance needed, there are many groups designed to help you work through the physical and mental emotional strain brought on by this process.



Some groups are completely unstructured, run by fellow peers who have experienced the same types of difficulties. Others are more organized, lead by professional therapists, counselors, and other experienced authorities in the mental health field. No matter which you choose, these groups are there to give you an outlet to discuss what you're feeling and dealing with.



Group therapy can help those struggling with built up trust issues, depression, anxiety, and any other destructive habits that have come into play while taking care of your sick family member or loved one. Such moral and emotional support can improve your mood, help the family regain a sense of control, and be informative for those who are just beginning their journey towards healing as well.

One other thing to consider is that certain groups cater towards specific niches, such as children dealing with alcoholic parents or families of specific types of addicts. There are other groups that aren't so focused and allow families of all situations to air their needs and woes. Some gear their meetings towards spouses only, while others are more whole family oriented. Make sure you do your research on which groups will adequately meet your needs.

WHERE CAN I FIND THESE RESOURCES?

Check out local churches and community centers; many have free groups that lend a supportive listening ear and emotional aid. Don't be afraid to ask your doctor or health care provider about possible resources as well. They are knowledgeable in this area and may be able to point you in the right direction. There are always organizations to turn to online. These usually come in the form of discussion forums and blogs. There, people can share their stories and receive feedback from those who are experiencing similar circumstances or from experts that are treating addiction.



Once we've helped you find the perfect treatment program for your loved one, it's time to start thinking about your own needs. When there is a lack of stability and support linking the family together, finding a support group can help reunite loved ones with understanding and caring. Contact RehabCenter.Net today to help bring the whole family closer to healing.