

Hello,

If you are reading this letter you are probably going through some strong emotions. No words can lift the weight you feel. We want you to know you are not alone. Many of us have been exactly where you are and have put together this packet to help you. We have learned through personal experience that we needed to be grounded and clear before we could help our loved ones. Many of us have found seeking professional interventions and support at this time to be helpful. Some of us found support in our healing by attending meetings with other people like ourselves

We found the following to be helpful.

**Al--Anon/Alateen National**

Alcohol Related Support  
1-888-425-2666 [al-anon.org](http://al-anon.org)

**Nar-Anon Family Group**

Substance Related Support  
1-800-238-2333  
[www.nar-anon.org/](http://www.nar-anon.org/)

**Learn 2 Cope**

Substance Related Support  
[www.learn2cope.org/](http://www.learn2cope.org/)

**Wellbriety**

Native Nations Recovery  
[Wellbriety.com](http://Wellbriety.com)

**Recovery Advocates**

1-888-360-7788  
[recoveryadvocates.org/](http://recoveryadvocates.org/)

**Adult Children of Alcoholics**

[adultchildren.org/](http://adultchildren.org/)

**FAMILIES ANONYMOUS**

[www.familiesanonymous.org](http://www.familiesanonymous.org)

**Mercer County Family Support**

[mercerfso.org](http://mercerfso.org)

**Families Against Addiction**

[familiesagainstadddiction.org](http://familiesagainstadddiction.org)

**Family Addiction Network**

[www.familyaddictionnetwork.org](http://www.familyaddictionnetwork.org)

**Mothers Against Drunk Driving**

1-877-MADD-HELP  
[www.madd.org/](http://www.madd.org/)

**The Addict's Mom**

[addictsmom.com](http://addictsmom.com)

**PARENT-TO PARENT**

[www.parent2parentnj.org](http://www.parent2parentnj.org)

**Relationships**

**Chapter 9 Couples in Recovery**

[www.chapter9couplesinrecovery.org](http://www.chapter9couplesinrecovery.org)

**Recovering Couples Anonymous**

[recovering-couples.org](http://recovering-couples.org)

**After a Loss**

**GRASP** Grief Recovery After a Substance Passing is for those who have lost a loved one  
<http://grasphelp.org>

**City of Angels**

609-910-4942  
[www.cityofangelsnj.org](http://www.cityofangelsnj.org)

You are not alone,

Prevention Council of Mercer County



**PREVENTION COALITION  
OF MERCER COUNTY**

## Should I seek support?

Ask yourself the following questions and then answer them as honestly as you can.

1. Do you find yourself making excuses, lying or covering up for someone?
2. Do you have a reason not to trust this person?
3. Is it becoming difficult for you to believe his/her explanations?
4. Do you lie awake worrying about this person?
5. If it is your child, is he/she missing school often without your knowledge?
6. If it is your spouse, is he/she missing work and leaving bills to pile up?
7. Are your savings mysteriously disappearing?
8. Are the unanswered questions causing hostility and undermining your relationship?
9. Are you asking yourself, "What's wrong?" and "Is it my fault?"
10. Are normal family disagreements becoming hostile and violent?
11. Are your suspicions turning you into a detective and are you afraid of what you may find?
12. Are you canceling your social functions with vague excuses?
13. Are you becoming increasingly reluctant to invite friends to your home?
14. Is concern for this person causing you headaches, a knotty stomach and extreme anxiety?
15. Do minute matters easily irritate this person? Does your whole life seem like a nightmare?
16. Are you unable to discuss the situation with friends and relatives because of embarrassment?
17. Are you frustrated by ineffective attempts to control the situation?
18. Do you overcompensate and try not to make waves?
19. Do you keep trying to make things better and nothing helps?
20. Are the lifestyle and friends of this person changing? Do you ever think they may be using drugs?

If you have answered "Yes" to four or more of these questions, Nar-Anon may be able to give you the answers you are looking for. We welcome you to the Nar-Anon Family Groups and hope that you will find comfort and support in our meetings. We believe that by sharing our experience, strength and hope we can learn from each other how to deal with the pain and heartbreak that comes with loving an addict.

We encourage you to attend at least six meetings before deciding if Nar-Anon is right for you. You will hear stories from our members that are similar to your own. You will find help in our literature that you can read between meetings. As you learn about our program, you will gain strength by realizing that you are not alone. There are many tools that can be used to help you during this difficult time. Not everything you hear or read will apply to your situation, so take what you like and leave the rest.

As you work the Nar-Anon program, you will come to appreciate the widely divergent ideas that are expressed here. In Nar-Anon, as in life, we all come from different backgrounds, bringing with us our own thoughts, ideas and instincts, and we are striving to be the best individuals we can be. There are no professionals or experts in our meetings, only other members who have had to deal with the addiction problem of someone they love. No one will tell you what to do or how to do it. We can only share our experience, strength and hope so that we might learn from each other in order to make decisions that are right for us.