**Blue Waters Recovery Foundation**
Sober Living by Tiffany · 501(c)(3) nonprofit · FARR accredited

# Supporting someone in sober living

Sober living is a safe, alcohol- and drug-free home where adults in recovery live together and practice everyday life. It is not detox and not treatment. Here's how families can help.

## HELP WITHOUT ENABLING

- **Support the structure.** Encourage your loved one to follow house rules, go to meetings and keep working.
- If something worries you, let a manager know rather than stepping in around the rules.

## BE CAREFUL WITH MONEY

- Help with real needs in a way you can see, rather than handing over cash.
- Responsibility for their own life is part of recovery.

## TAKE CARE OF YOURSELF

- Families need support too.
- Al-Anon and Nar-Anon are for people who love someone with a drinking or drug problem.

## SIGNS THEY MAY NEED MORE HELP

- Using more, more often, or alone
- Shaking, sweating, seizures or severe sickness when they stop
- Talking about death, suicide or feeling hopeless
- Past overdoses or close calls

## IF IT'S AN EMERGENCY

**911**
Overdose or danger right now. Give naloxone (Narcan) if you have it.

**988**
Call or text the Suicide & Crisis Lifeline, 24/7

**1-800-662-4357**
SAMHSA National Helpline, free and confidential, 24/7

Free naloxone in Florida: isavefl.com/find-naloxone (Florida DCF ISAVE program)

## FAMILY RESOURCES

FEATURED FAMILY RESOURCE

**Recovery United**: a nonprofit that helps families and individuals facing addiction figure out what to do next. A Family Advocate contacts you, usually within 24 hours, to talk through options. It does not provide treatment itself and is not a crisis line. recoveryunited.com

- **Al-Anon Family Groups** (drinking problem): al-anon.org
- **Nar-Anon Family Groups** (drug problem): nar-anon.org
- **A Mother's Perspective**: Lisa Hillman's writing for families, on our Families page

**Questions? Call (954) 344-0550**
info@bwrf.org · Office hours Mon–Sun 9am–5pm

bwrfoundation.org/families.html