



DEALING WITH STIGMA



COPING STRATEGIES

We cannot always control other peoples opinions, but we can control our reactions. Coping strategies help us to channel those reactions into something positive.

Remember you are not alone.

Retain hope and remember that treatment works.

Stay active and associate with people who support you.

Consider advocacy efforts like getting involved in the community.

- Alliance for Healthy Communities
- Alliance for Substance Addiction Prevention
- Recovery Community Organization

Take the Pledge to #EndStigmaASAP

-www.empoweredcommunities.org/pledge

Be the example, use person-first language.

#ChangeTheLanguageASAP

What are some of your coping skills?

In what ways do you take care of yourself (self-care) ?
