



Commit to your health.

Wyoming Healthy Together Program
1-888-545-1710 | www.WYHealthyTogether.com



Recovering from Addiction: Continuing with Counseling

Working with a counselor will help you decide on the lifestyle changes you want to make. You might also want to start working on things like anger management, problem-solving skills, or assertiveness training.

Be Aware of Your Triggers

Triggers are things that make you want to use again. They can be people you used with or places, things, and events that make you want to use. Stress and feelings like loneliness, anxiety, or depression can also make you want to use again. When you know what your triggers are, you can plan ways to avoid them whenever possible. You can also learn to cope without using.



Once you admit that you have a substance abuse problem, there are many ways to find help.

- Contact your Employee Assistance Program (EAP) or Human Resources Department.
- Look in the white pages of your phone book for local chapters of Alcoholics Anonymous, Cocaine Anonymous, Marijuana Anonymous, or Narcotics Anonymous.
- Look in the yellow pages of your phone book under one of the following:
 - Alcoholism Information and Treatment Centers
 - Drug Abuse and Addiction Information and Treatment Centers.
- Contact one of these national groups:
 - National Council on Alcoholism and Drug Dependence
800-622-2255
 - National Drug and Alcohol Treatment Referral Service
800-662-4357

What are your triggers?

List the people, places, events, or feelings that could make you want to use again:

