



A FRESH Start

Families in Recovery Through Education, Support and Hope (FRESH) is a programme that helps families to:

- Understand the addiction process
- Understand recovery
- Learn recovery skills
- Learn how to support the person with the addiction
- Learn how to care for themselves

This programme benefits all family members, including spouses, partners, siblings, parents and adult children.

For further enquiries, please refer to our website at www.nams.sg or call 6-RECOVER (6732 6837)

NATIONAL ADDICTIONS MANAGEMENT SERVICE

Buangkok Green Medical Park
10 Buangkok Green
Singapore 539747
Tel: 6389 2200 (for appointment)
Email: imh_appt@imh.com.sg

National Problem Gambling Helpline: 1800-6-668-668
All Addictions Helpline: 6-RECOVER (6732 6837)

www.nams.sg

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*Families in
Recovery Through
Education,
Support and
Hope*

**NATIONAL
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MANAGEMENT SERVICE**



Addiction and Your Family

Addiction is a chronic, progressive, and relapse-prone illness that affects a person physically and psychologically. A person can become addicted to either substances (e.g. drugs, alcohol) or to certain activities (e.g. gambling, sex, the internet).

It is characterised by the following:

- The person continues the addictive behaviour despite the consequences
- The frequency or intensity of the behaviour increases over time
- When the behaviour is stopped, the person experiences unpleasant feelings and emotions

Addiction affects almost everyone close to the person with the illness, especially family members. When one family member develops an addiction, the whole family is thrown off balance. Children are particularly affected when a parent develops the illness.



Do You Experience The Following?

- Feeling angry and frustrated by your loved one's addiction
- Having constant conflict with your loved one because of his addiction
- Feeling helpless because you are unable to control your loved one's addiction
- Shielding your loved one from responsibilities because of his addiction
- Feeling worn out emotionally, mentally and physically as a result of your loved one's addiction

Help for the Family

Living with an addicted person is not easy. It is important for family members to understand the process of addiction and how you can best help your loved one during treatment and recovery. At the same time, you should not neglect your own and your other family members' needs, particularly the children.

Family members and loved ones are encouraged to attend the family programme, Families in Recovery Through Education, Support & Hope (FRESH).

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