



**Being welcomed
back into the
community — that's
what helped me a lot.**

Selina Ramirez | *Port Gamble S'Klallam Tribe*

**In recovery, we're
living through a
process of change.**

WHAT WE CAN DO



Understand that recovery takes strength.

Recovery from substance use disorder looks and feels different for everyone. It's a lifelong experience, with ups and downs, and relapse can be part of it.



Do activities that make you feel connected.

If you're in recovery, do activities that feel good for your body and spirit. Make connections with your family, community, surroundings, and culture.



Welcome people into the community.

If you know someone in recovery, invite them to gatherings and events. Give them opportunities to contribute to your family, Tribe, or community.

FOR OUR LIVES

Acting now to end overdose



ForNativeLives.org/recovery

Learn more about recovery from substance use disorder, including how to help others in your community.