



Feeling Good about YOURSELF



Fighting Addiction through Self-Reflection and Self-Care

Addiction has many faces and it can affect everyone. Like a drop of water in a pond that spreads out, it can affect individuals, families, and communities.



myStrength can help you learn about causes, prevention, and other aspects of addiction including where to get support.

Addiction is often a symptom of a deeper problem. This is why self-reflection and self-care are important in preventing addiction. Learning how to cope with daily stress helps deter addictive behavior. Whether for yourself or someone you love, there are resources to help everyone touched by addiction. Below is a list of some *myStrength modules under the topic of Addiction:*

- *Forgiveness & Addiction*
- *Shame & Addiction*
- *What to Do If You Relapse*
- *Lost and Found: An Opioid Story*
- *Building a Support Network*
- *Understanding the Power of Addiction*
- *Prescription Drug Addiction*
- *Helping a Friend with an Addiction*
- *Stages of Substance Abuse*
- *Beyond Addiction*



SIGN UP TODAY

1. Visit www.mystrength.com and click on "Sign Up."
2. Enter Access Code: **NCNCommunity**
3. Complete the myStrength sign-up process and personal profile.

If you want more information on addiction resources in the Upper Peninsula, call *NorthCare's Substance Use Disorder Services at 1-800-305-6564.*



For more information, call Katreena Hite, Integrated Care Specialist, at (906) 225-7344