



## Getting and staying sober after abuse.

Getting and staying sober takes courage, especially if you're a survivor of intimate partner abuse. Some survivors began drinking more to numb the physical and emotional pain of abuse, while others were forced to drink and drug by their abuser.

**Healthy coping. Peer support. Strength. Determination.**

You may feel ashamed about the abuse and for using substances. Remember you have survived and managed the trauma of abuse the only way you could. Now, the substance use is putting your safety at risk and making it harder for your body and mind to heal.

With a plan and supportive network, you can live a safe, sober life. And our advocates will support you along the way with referrals to treatments, specialized support groups for survivors in recovery, and extra help to reimagine your sober, violence-free life.

**Green  House17**

**Nurturing lives**

harmed by intimate partner abuse.

**24-HOUR CRISIS HOTLINE 800.544.2022**



Partner Agency