

**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.

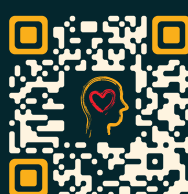


**Welcome people into the community.**

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](https://ForNativeLives.org/recovery)**

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