

# GETTING READY TO SUPPORT YOUR CLIENTS



Guide to  
**Mutual Aid**  
RESOURCES  
[www.facesandvoicesofrecovery.org](http://www.facesandvoicesofrecovery.org)

## 50 Resources to help your clients

**M**utual aid is the process of giving and receiving nonclinical and nonprofessional help to achieve long-term recovery from addiction.

Identify mutual aid resources ahead of time. Help your clients to sustain their recovery.

Some 5 million Americans (2% of the population over the age of 12) attend mutual aid/self-help group meetings each year. Research shows - mutual aid works.

- » Know your clients can benefit from the support of others who are in recovery, but don't know where to turn?
- » Not sure what your responsibilities are?
- » Need help negotiating mutual aid pitfalls?

*Linking people to follow-up aid and support in the community is a delicate and necessary step during and as they leave formal treatment. For some people, mutual aid is an alternative to treatment.*

*from Ernest and Linda Kurtz's Tips for Service Providers,  
a helpful how-to available in The Guide*

*I found that [by] surrounding myself with others who had long-term recovery, I knew that road was possible for me.*

Kevin Young  
Trenton, Maine

# Faces & Voices of Recovery's Guide to Mutual Aid Resources

**M**utual aid groups have proven life-saving for people seeking, initiating and sustaining their recovery and for their families and significant others.

Members voluntarily support one another by providing social, emotional, and informational support. Participants typically increase the likelihood of sustaining their recovery as well as improving their physical and emotional health and well being.

You and your clients can take advantage of this tool that helps connect people to the right support network for them. While researchers have shown that for many mutual aid is a critical part of the recovery process, most people don't participate in mutual aid support following treatment.

The online Guide to Mutual Aid Resources can be used to educate yourself about mutual aid options and as a go-to point for getting your clients on the path to sustained recovery. The nation's top experts explain how mutual aid works; you can quickly navigate to resources that fit the particular needs of your clients, whether they have co-occurring illnesses or would benefit from participating in groups especially for young people. The guide is not a national Yellow Pages for meeting times and locations.

**The Guide to Mutual Aid Resources** is a project of Faces & Voices of Recovery, a national nonprofit committed to organizing and mobilizing the millions of Americans in long-term recovery from addiction to alcohol and other drugs, our families, friends, and allies to speak with one voice.