

We all need connections to other people – healthy relationships and friendships. People to share and have fun with, who encourage us and will be there in times of need.



### ***Who is constant in your life . . . or could be?***

A friend?

A parent?

Your spouse or partner?

Brother, sister or

Someone else who is important in your life?

At times, we may need to be wrapped in support and at others, we need space to grow. We make mistakes, we learn, we do well, we may relapse – it's all part of life and the recovery process. How can your family member or friend gain more understanding and support for themselves to help them walk the path of recovery *with* you, not for you?



*At Family & Friends Together, we assist your family member/friend to gain knowledge about the behavioral health system and resources, provide support, increase resiliency, balance and hope, link with others in the community and have a better understanding of recovery.*

**Ask the family member/friend who is significant in your life to become better informed and get support for themselves.** Encourage them to take advantage of family support services and get connected to a Family Support Navigator.

602-694-9649 / 800-594-1936  
[www.familyandfriendstogether.org](http://www.familyandfriendstogether.org)

**If you receive T19 or NonT19 SMI services in Gila or Pinal Counties, you can include family support services on your Individual Service Plan (ISP)!**