

# Mental Health

|                     |                         |                        |                                                            |                       |
|---------------------|-------------------------|------------------------|------------------------------------------------------------|-----------------------|
| Steroids            | Addiction               | Has finished Step Nine | Positive coping strategies                                 | Memory loss           |
| Family              | Self-help support group | Money problems         | Affirmations                                               | Pain pills            |
| Resentments         | Better communication    | <b>FREE</b>            | Meth                                                       | Inhalants             |
| Marijuana           | Relapse                 | Meditation             | NNAMHS                                                     | Relationships         |
| High risk situation | Heroin                  | Mental Health Court    | Celebrated a recovery milestone/Anniv within the past week | Co-occurring disorder |

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|                            |                     |                      |                                    |                                                            |
|----------------------------|---------------------|----------------------|------------------------------------|------------------------------------------------------------|
| Meth                       | Memory loss         | Better communication | Resentments                        | Celebrated a recovery milestone/Anniv within the past week |
| Positive coping strategies | Inhalants           | Marijuana            | Self-help support group            | Affirmations                                               |
| Treatment                  | Mental Health Court | <b>FREE</b>          | Family                             | Has finished Step Nine                                     |
| NNAMHS                     | Pain pills          | Money problems       | Relapse                            | Co-occurring disorder                                      |
| Addiction                  | Steroids            | Trigger              | Has fewer than 90 days clean/sober | Heroin                                                     |

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|                                                            |             |             |                                    |                         |
|------------------------------------------------------------|-------------|-------------|------------------------------------|-------------------------|
| Meth                                                       | Family      | NNAMHS      | Has fewer than 90 days clean/sober | Affirmations            |
| Addiction                                                  | Trigger     | Treatment   | Co-occurring disorder              | Self-help support group |
| Has a sponsor                                              | Relapse     | <b>FREE</b> | Meditation                         | Pain pills              |
| Mental Health Court                                        | Marijuana   | Inhalants   | Better communication               | Relationships           |
| Celebrated a recovery milestone/Anniv within the past week | Resentments | Memory loss | Has finished Step Nine             | Money problems          |