

# LIFE IN RECOVERY

RECOVERY FROM ADDICTION IS  
POSSIBLE AND SUSTAINABLE.

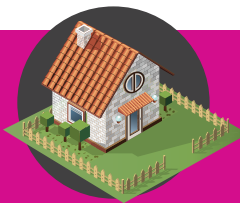
**855** INDIVIDUALS SHARED THEIR EXPERIENCE IN A NATIONWIDE  
SURVEY OF RECOVERY FROM ADDICTION IN CANADA.

**82.5%** EXPERIENCED **ONE OR MORE BARRIERS**  
TO INITIATING RECOVERY.

**50%** OF WHOM REPORTED BEING **WORRIED ABOUT**  
**WHAT PEOPLE WOULD THINK OF THEM.**

**THESE INDIVIDUALS OVERCAME MANY CHALLENGES.**

WHEN WE CHANGE THE WAY WE THINK ABOUT RECOVERY,  
WE CAN CHANGE THE MISCONCEPTIONS ABOUT IT.  
THESE CHANGES WILL REDUCE BARRIERS TO THOSE  
SEEKING HELP.



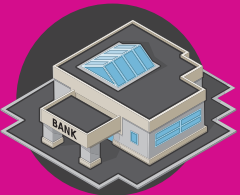
**96%**  
HAVE STABLE  
HOUSING



**79%**  
ARE STEADILY  
EMPLOYED



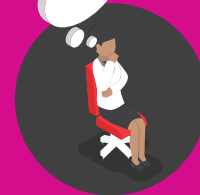
**67%**  
REGULARLY VOLUNTEER  
IN COMMUNITY SERVICE  
ACTIVITIES



**94%**  
PAY BILLS  
ON TIME



**90%**  
PARTICIPATE IN  
FAMILY ACTIVITIES



**89%**  
PLAN FOR  
THE FUTURE

**AND THAT'S WORTH CELEBRATING.** REMEMBER THAT ADDICTION AFFECTS ALL  
**WALKS OF LIFE.** BECOME A PART OF THE RECOVERY MOVEMENT IN CANADA.

JOIN THE **CONVERSATION**

#ALLWALKSOFLIFE



Canadian Centre  
on Substance Use  
and Addiction

Evidence. Engagement. Impact.