

HOW TO BE A RECOVERY ALLY



LEARN ABOUT RECOVERY

Recovery is a journey that has not always had the best light in media, and misinformation is constantly spread. It is important to take the time to learn what it means to live with a substance use disorder or eating disorder, and exactly what recovery means.

KNOW THE LANGUAGE

Language is an important part of recovery, as it determines in what light a person's journey is framed. Certain language erases humanity, increases stigma, hurts confidence and even affects medical care. Take some time to learn what recovery language is most helpful.



FIND LOCAL RESOURCES

Learning about recovery and supporting people's journeys can come in many different forms, and it is important to know what resources are available to you and those in recovery around you, especially at a local level. Learn about what resources are available in your area!

BE THERE TO LISTEN

Active listening is a skill important in all relationships. It validates a person's story and emotions by showing them you are attentive and invested. Sometimes, simply being there to listen to someone can be one of the best things you can do to support them. Make sure you know the difference between listening and trying to relate.



SHOW YOUR SUPPORT

What does it mean to support someone on a journey of recovery? A lot of things! Each person looks at support in a different way, so it is best to learn what you can on the subject, to listen, and to ask how you can best be of help. Whether it is a close friend or being an ally in general, there are always ways to show your support!

LIVE MEANINGFULLY

Living meaningfully means finding balance in life and making healthy choices, but it also looks different for everyone! WVU Collegiate Recovery helps students thrive in recovery through activities designed to provide the support and resources necessary to find meaning and purpose. Being part of this is simply one way to live meaningfully!



CHOOSE TO BE AN ALLY AND SUPPORT FELLOW MOUNTAINEERS.

JOIN A COMMUNITY DEDICATED TO HEALTHY AND MEANINGFUL LIVING

Go to <https://recovery.wvu.edu/>