As We Enter National Recovery Month this September, Let’s All Remember that

**Recovery is Possible**



Recovery from substance use disorders is a journey that, despite its challenges, is within everyone's reach. The notion that recovery is attainable for all is rooted in the understanding that change is possible, regardless of how deep-seated one’s addiction may seem. With the right support and resources, individuals can and do overcome substance use and build fulfilling lives free from addiction.

One of the most powerful aspects of recovery is that it begins with a single step—recognizing the need for help and reaching out for support. This initial step is often the hardest, but it opens the door to a range of resources and interventions designed to assist individuals on their path to recovery. Whether through professional treatment programs, self-help groups, or community support, there are numerous avenues available to support recovery. Your AFA EAP has developed a network of treatment options that understand the Flight Attendant profession including all the stressors and health challenges that Flight Attendants face. This confidential service, called the Flight Attendant Drug and Alcohol Program or FADAP, is available to any Flight Attendant regardless of seniority, union affiliation, and employer. It’s also open to the family members of Flight Attendants. You can find more information on FADAP at fadap.org or by simply talking with AFA EAP at 800-424-2406.

Remember, recovery is not reserved for a select few. The path to recovery is open to all who seek it. By believing in the possibility of change and accessing the resources available to your through the AFA EAP and FADAP, Flight Attendants and their family members can overcome their struggles and create healthier and more fulfilling lives.