



Happier. Healthier, **Harm Free.**

Tips and support.

Funded by:
Durham County Council



**Waythrough
are here to
support you
make positive
changes.**

At Waythrough, our focus is on you and supporting you to make positive changes to turn things around for the better. Waythrough support local people living in County Durham and people in other places across the country, to create stronger, better-connected communities. We offer free, confidential support for alcohol, drugs, housing or mental health in friendly local places.

If you would like to make changes to your drug or alcohol use, you don't need to share any personal details and our service is completely confidential and non-judgemental.

We deliver services from the following locations:

Centre for Change

Whinney Hill
Durham
DH1 3BQ

Eden House

1 Station Road
Consett
Co. Durham
DH8 5RL

Saddler House

Saddler Street
Bishop Auckland
DL14 7BH

Peterlee Health Centre

Bede Way
Peterlee
SR8 1AD

Horden Recovery Centre

Sunderland Road
Horden
Peterlee
SR8 4NU

Do you need support now?

We can also provide online and telephone support if required

Call Samaritans

116 123

Call Emergency Services

999

Call Waythrough

03000 266 666

Email Waythrough

Adults

CDDARS.adult@
waythrough.org.uk

Under 18's

CDDARS.yp@
waythrough.org.uk

Visit Waythrough website

waythrough.org.uk

The Happier, Healthier, Harm Free booklet.

HAPPIER · HEALTHIER · HARM FREE

The tips and hints provided within this booklet have been created and developed by people who have accessed the County Durham Drug and Alcohol Recovery Service, and with our support, are now able to manage their substance use issues. The tips shared have supported them in their own individual recovery and continued journey to maintain positive changes in their lives towards being Happier, Healthier and Harm Free.

This list is not exhaustive, nor is it intended that all will be suitable for everyone. However, if you feel able, try at least one tip to see how it impacts you. Who knows, you may be able to add tips to the list that work for you that may support someone else into their recovery.

**Tips created
for you by
people who
understand.**

1

Connection

Keeping in regular contact with friends like the ones I made from SMART (Self Management and Recovery Training) group.

2

Know/learn your triggers

Stay harm free and be aware of dangerous places, people and situations.

3

Go easy:

Don't take too much on. Keep your body and mind healthy. Take a long bath and relax.

4

Reading:

Can be educational or fictional. Different books fit different moods. I like to make a nice environment to read in with a warm cup of hot chocolate.

5

Baking:

This can be pretty easy and you also get a yummy snack at the end and it's a fun thing to do, gift and share with people you love and care about.

6

Journalling:

An amazing way to process emotions and track your life. It makes it easier to then talk about those emotions with others, as you have already started to process and understand them yourself.

7

Running:

I hated running and I thought I was no good at it, but the 'Couch to 5K' app makes running accessible, fun and easy to progress. It's a great way of getting out of your local area and it releases endorphins, which is a incredible for your mental health. I always feel better about myself after.

8

Self talk:

Keep reminding myself to be harm free with positive talk and self encouragement.

9

The outdoors:

Long countryside walks are everything.

10

Crocheting:

Easy to pick up by watching YouTube videos. Repetitive motion, keeps hands busy, focusing on something else to calm your mind

**You only live
once, but if you
do it right, once
is enough.**

11

Joy:

Surround yourself with things that give you joy such as art and nature.

12

Knitting:

Easy to pick up by watching YouTube videos. Repetitive motion, keeps hands busy, focusing on something else to calm your mind

13

Recovery:

Be mindful that if you don't give recovery attention you could fall back into old habits.

14

Health:

Try new healthy activities like getting involved in a team sport.

15

Motivation:

Do things you are interested in to keep your motivation levels up.

16

Gratitude:

I like to remember what recovery has given me - gratitude. Write three things down every day you are grateful for.

17

In the moment:

Remember to be mindful and breathe if you feel stressed.

18

Self care:

Rest when you need to. This is so important to remember.

19

Reach out:

Contact family or friends if you are not feeling good or worrying.

20

Reciprocate:

Give the kindness to others that you would want to receive yourself.

21

Relationships:

Spend time with people who respect you.

22

Be open:

Listen to and take advice from peers. Give back and learn new things about yourself.

23

Purpose:

Gardening is a healthy hobby. It gives me focus and purpose.

**Setting goals
is the first step
in turning the
invisible into
the visible.**

24

Mindfulness:

Use meditation for a healthier, happier and harm free mind.

25

Strength:

Be around like-minded people who give you connection, courage & strength. I got this from 'Mutual Aid' meetings.

26

Sewing:

Either by machine or by hand such as embroidery. A great way to make your own clothes and it is so rewarding.

27

Keep active:

Going to the gym keeps my mind healthier, happier and definitely harm free. It's a great way to feel better about yourself.

28

Learn and grow:

Join a 12-Step Programme. It will give you structure, connection and a healthy environment.

29

Give your time:

Volunteering gives structure and purpose which leads to a healthier, happier and harm free you.

30

Nutrition:

Having a healthy diet can support a healthy mind.

31

Motivation:

Motivational videos and quotes can really help. Motivation is key to staying harm free and healthy.

32

Nature:

Stay in touch with nature, be amongst the trees, watch the waves, enjoy the flowers. Open spaces help to create a healthy mind.

33

Face fears:

We have been living in fear whilst using substances. Face and push past your fears.

34

Find yourself:

Do something you enjoy, for YOU!

35

Practice kindness:

Be nice to people, be kind to yourself. Support others and suggest positive actions.

**Keep your
face always
toward the
sunshine,
and shadows
will fall
behind you.**

36

Set goals:

Make achievable goals and work towards realising them.

37

Accept:

Acceptance is the key to liberation to being happier, healthier, and harm free.

38

Music:

Listen to music from your youth or tunes that evoke happy memories.

39

Foundations:

Build a new life. Create a firm foundation in sobriety that will hold up through good times and bad.

40

Remember:

Remind yourself of who you are and how important you are. You are AMAZING!

**Resources
and services.**

Drink Coach App
(online app with useful tools)
[Link here](#)

Step Change
Debt Management Support
[Link here](#)

Talking Changing
Counselling Service
(online self-referral)
[Link here](#)

Cruse Bereavement Support
[Link Here](#)

If You Care Share
Suicide Support Service
[Link here](#)

Harbour
Domestic Abuse Support
03000 20 25 25
[Link here](#)

Mental Health Support
Crisis Team
In an emergency contact:
0800 0516171
or 999

Fellowship Group
(online group service)
[Link here](#)

SMART Recovery Groups

Thursday 13:00 – 14:30
46 – 51 George St,
Newcastle upon Tyne
NE4 7JN

Monday 11:00 – 12:30
Fenham Hall Drive
Newcastle upon Tyne
NE4 9XD

Saturday 10:30 – 12:00
Fenham Hall Drive
Newcastle upon Tyne
NE4 9XD

Self Management and Recovery
Training (SMART) information
(online meetings)
[Link here](#)



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