



FOR TEENAGERS AFFECTED BY SOMEONE ELSE'S ADDICTION



If you have found evidence or suspect someone close to you may have a drug problem, we at Narateen know how you feel. We remember how we felt alone, scared and confused when we discovered a friend or family member who was or still is involved with drugs. We understand as few others can. For a while, some of us ignored our suspicions. We were too afraid to ask questions because of what might happen if we did. As the situation got worse, we became more frantic. Our attempts to help did not seem to make things any better. We grew more upset and desperate.

By coming to Narateen meetings, we learn drug addiction is a disease. It is not our fault our friends or relatives became addicts. We are not responsible for their actions. Addicts need help and so do we. For the addicts seeking help, drug recovery programs are available. However, Narateen is designed for us – teenagers affected by someone else's addiction.

Weekly Narateen meetings are held regularly.

- **Find a Virtual Meeting or an In-Person Meeting:**
 - <https://www.nar-anon.org/find-a-narateen-meeting>

We encourage you to attend our meetings. As this is an anonymous program, we use our first names only. There are no charges or obligations for you to attend. You will not be forced to speak and you can ask questions after the meeting. We do understand how you feel. It is a great relief to learn there are more effective ways to cope with this disease. We are no longer alone