UNITY PATH
FAMILY SUPPORT

WHAT TO EXPECT DURING DETOX

Understanding your experience can make the journey a little easier.



COMMON EMOTIONS DURING DETOX

It is normal to experience a range of emotions as your brain and body adjust. Everyone's experience is different.

You may experience:

- Anxiety or nervousness
- Feeling overwhelmed
- Irritability or frustration
- Sadness or low mood
- Mood swings
- Trouble concentrating
- Feeling emotionally numb
- Strong cravings
- Hope mixed with fear

Remember: These feelings are often temporary and can improve with time, support, and appropriate care.

HELPFUL WAYS TO COPE

- Be honest with staff or a trusted support person about how you're feeling.
- Drink fluids and eat nourishing foods if you're able.
- Rest when your body needs it.
- Practice slow breathing or grounding techniques.
- Stay connected with supportive people.
- Take one hour—or one day—at a time.

WHAT CAN HELP DURING DETOX?

Many withdrawal management programs may provide:

- ✓ Medical monitoring
- ✓ Medications when appropriate
- ✓ Emotional support
- ✓ Healthy meals and hydration
- ✓ A safe place to rest
- ✓ Help planning your next steps in recovery

WHEN TO TELL STAFF IMMEDIATELY

Let staff know right away if you experience:

- ⚠ Chest pain
- ⚠ Trouble breathing
- ⚠ Severe confusion
- ⚠ Hallucinations (seeing or hearing things that aren't there)
- ⚠ A seizure
- ⚠ Thoughts of harming yourself or feeling unsafe

These symptoms require immediate medical attention.

RECOVERY DOESN'T END WITH DETOX

Detox is the beginning—not the finish line. Recovery often continues through:

- Counselling
- Residential or outpatient treatment
- Peer support
- Recovery groups
- Ongoing healthcare
- Family and community support



A Message of Hope

There may be moments when recovery feels difficult, but those moments do not define your future.

You don't have to have everything figured out today.

You only need to take the next step.

Every day you choose recovery is a step toward healing.

NEED HELP NOW?

If you are in crisis or need immediate assistance, please reach out.

- **Call 988** (Suicide & Crisis Lifeline) or your local crisis line
- **Text HOME to 741741** (in Canada) for 24/7 crisis support
- **Call 911** or go to your nearest emergency department

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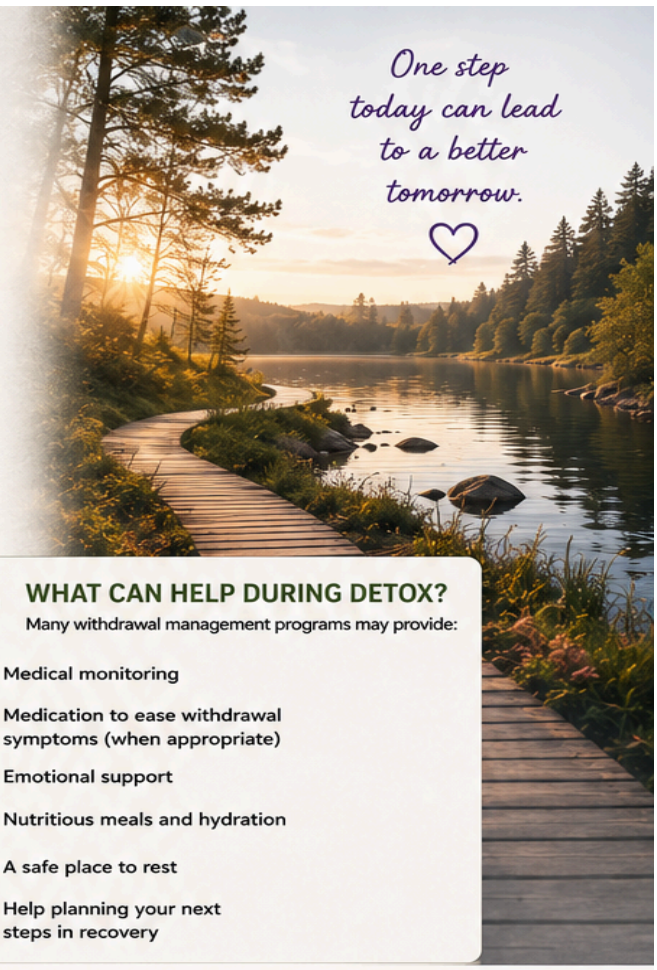
Peer Support • Encouragement • Hope

This resource is intended for educational and peer support purposes only and is not a substitute for medical advice. If you or someone you know is experiencing severe withdrawal symptoms or a medical emergency, seek immediate medical attention or call emergency services.

UNITY PATH
FAMILY SUPPORT

WHAT TO EXPECT EMOTIONALLY *During Detox*

Understanding your emotions can make the journey feel a little less overwhelming.



COMMON EMOTIONS DURING DETOX

As your body and brain begin to heal, it's normal to experience a wide range of emotions. Everyone's experience is different, and there is no "right" way to feel.

You may experience:

- Anxiety or nervousness
- Irritability or frustration
- Sadness or low mood
- Mood swings
- Feeling overwhelmed
- Trouble concentrating
- Feeling emotionally numb
- Strong cravings
- Hope mixed with fear

Remember: These feelings are often temporary and can improve with time, support, and appropriate care.

WHAT CAN HELP DURING DETOX?

Many withdrawal management programs may provide:

- Medical monitoring
- Medication to ease withdrawal symptoms (when appropriate)
- Emotional support
- Nutritious meals and hydration
- A safe place to rest
- Help planning your next steps in recovery

TELL STAFF IMMEDIATELY IF YOU EXPERIENCE:

Seek immediate medical attention if you experience:

- Chest pain
- Trouble breathing
- Severe confusion
- Hallucinations (seeing or hearing things that others do not)
- A seizure
- Thoughts of harming yourself or feeling unsafe

Your safety is always the priority.

HELPFUL WAYS TO COPE

Small steps can make a big difference.

- Be honest with staff or a trusted support person about how you're feeling.
- Rest when your body needs it.
- Stay hydrated and eat nourishing foods if you're able.
- Practice slow breathing or grounding techniques.
- Stay connected with supportive people.
- Take one hour—or one day—at a time.

RECOVERY DOESN'T END WITH DETOX

Detox is an important first step—but recovery continues afterward.

Many people continue with:

- Residential treatment
- Outpatient programs
- Counselling
- Peer support groups
- Recovery coaching
- Ongoing healthcare

Every positive step builds a stronger foundation for recovery.





A Message of Hope

There may be moments when recovery feels difficult, but those moments do not define your future.

You don't have to have everything figured out today.

You only need to take the next step.

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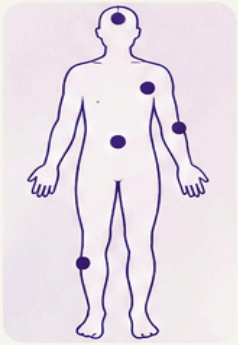
WHAT TO EXPECT PHYSICALLY DURING DETOX

One step today can lead to a better tomorrow.

Everyone's experience is different.
These are common physical symptoms that may occur as your body begins to heal.

COMMON PHYSICAL SYMPTOMS

- Headache
- Sweating or chills
- Nausea or upset stomach
- Muscle aches and tension
- Fatigue or low energy
- Shaking or tremors
- Trouble sleeping
- Increased heart rate
- Changes in appetite
- Cravings



WHAT MAY HELP EASE DISCOMFORT

- Medical monitoring and support
- Medication (when appropriate)
- Rest and sleep
- Hydration and balanced nutrition
- Gentle movement or stretching
- Deep breathing and relaxation
- A calm, safe environment

SYMPTOMS CAN CHANGE

Symptoms may come and go, and can change in intensity. It's important to let staff know how you are feeling so they can support you in the best way.

TELL STAFF RIGHT AWAY IF YOU HAVE:

- Chest pain
- Trouble breathing
- Severe confusion
- Hallucinations (seeing or hearing things that others do not)
- A seizure
- Thoughts of harming yourself or feeling unsafe

REMEMBER

Detox is not treatment—
it is the beginning of recovery.

Recovery continues with ongoing support, treatment, and self-care.

Your body is working hard to heal.
Be patient and kind to yourself.
You don't have to do this alone.

Every day you choose recovery is a step toward healing.

NEED HELP NOW?

If you are in crisis or need immediate assistance, please reach out.

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