



# CONCERNED ABOUT YOUR OR A LOVED ONE'S SUBSTANCE USE?

## HELP IS AVAILABLE

You don't have to go through this alone.

Our workplace is participating in a pilot program that will provide you AND your loved ones with **FREE AND CONFIDENTIAL** access to a **Master Licensed Alcohol and Drug Counselor (MLADC)**. Should you or a loved one need help, you can set up an appointment with the MLADC.

*Through this program, you will receive:*



### 1:1 Support from a Trained Professional

MLADCs are well-versed on the complexities of substance use disorder (SUD) and know how to provide compassionate, clinically informed support to those who have directly or indirectly impacted.



### A Confidential & Customized Process

Sessions are confidential, customized to best meet your needs, and include an initial assessment process, followed by supporting you in working on your goals.



### Planning for Continued Support

The MLADC can help you figure out a longer-term plan for accessing support and make related referrals. Additionally, you may meet with the MLADC for several sessions to fill any gaps in accessing services.

## TO SCHEDULE AN APPOINTMENT:

To set up an appointment, contact  
Clarisse Charland, MLADC:  
603.443.0431 (call or text) or email  
clarisse.charland@headrest.org

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