

“Human beings have a deep need to bond and form connections. If we can't connect with each other, we will connect with anything we can find. A heroin addict has usually bonded with heroin because they couldn't bond safely with anything else.”

- Professor Peter Cohen, Director of the Centre for Drug Research in the Netherlands



Healthy relationships are proven to be the number one factor in relapse prevention.² For many different reasons, modern life has made these types of connections harder and harder to find — especially for those outcasted due to mental health issues and self-destructive addiction behaviors.

SeekHealing is building intentional communities, both online and offline, to connect those who've taken the first steps towards healing and shame-free living: **seekers**. Whether you struggle with a chemical addiction or not, the medicine of authentic connection is something we all need.

Informed by the latest research in addiction science, the SeekHealing model uses the neurochemical benefits of human connection to minimize relapse and facilitate long-term mental health integration. The program cultivates a non-judgmental environment where people can begin to break down both internal and external barriers to healthy social relationships. Participants are matched with individuals and local groups with whom they can naturally experience authentic, non-shaming experiences of connection.

As a grassroots project that engages people across the community, SeekHealing de-stigmatizes addiction and prioritizes harm reduction through intentional volunteer relationships as well as personalized community and/or work transitions for program participants. The ecosystem created by SeekHealing measurably benefits population health and reduces the ongoing costs of relapse to medical insurance providers. We are creating a human network for authentic connection that empowers integrated mental health among all participants.

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➡ <http://seekhealing.org>

Traditional recovery models are failing today's opioid epidemic because they continue to subtly perpetuate social isolation and stigma. Social connection should remain the cornerstone of addiction recovery, but it must be expanded so that the common denominators of the consciously-constructed relationships that guide the healing process aren't only sobriety.

Traditional Recovery Model

Create a space for sober connections that is separate from "normal" communities

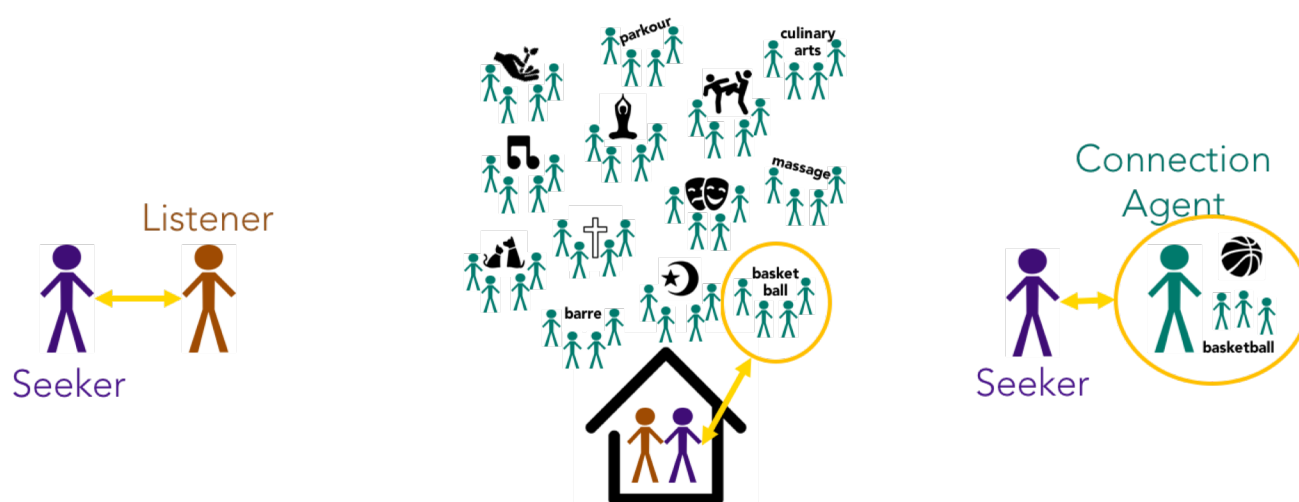


**Average
relapse rate:
80% in first
month³**



SeekHealing Model

Integrate humans through authentic connections to reduce 1-year relapse rate by 50%



NEED HELP NOW?

Start a conversation today: info@seekhealing.org

1: <http://bpr.org/post/opioid-overdoses-continue-rise-buncombe-county>

2: Rachel Wurzman, PhD, University of Pennsylvania, TEDx Midatlantic, 2017

3: Smyth, B. P., Barry, J., Keenan, E. & Ducray, K. (2010). Irish Medical Journal. 103(6),176–179.