

Narcotics Anonymous and the members with physical limitations

This pamphlet has been compiled by recovering addicts to share the message of recovery to those people who still suffer from drug usage and have physical limitations

There are a lot of people with physical disabilities among the members of the fellowship. It doesn't matter how these specific limitations were acquired. Some of these people became who they are today before coming to NA, while others acquired these conditions after already being clean for some time. Everyone experiences their unique challenges in different ways, but we need to accept them as a part of who we are and acknowledge that we are sick people who could not be responsible for protecting and taking care of ourselves. Some of us came to the fellowship with serious problems because drug using caused irreversible physical damage. We were unable to handle it without external help and support. It was difficult or even impossible for us to attend the meeting on our own, without the assistance of another person.

This is why the idea was formed to help people who have difficulties getting to the meetings on their own and need assistance. Our goal is to help people with disabilities to attend the meetings of Narcotics Anonymous and other events hosted by the NA.

How does it work?

- A person who is planning to attend a meeting, dials a number of NA Hotline +7 (495) 505-33-96 and informs them that they are willing to go to a meeting.
- Our volunteers contact them, pick them up and take them to a meeting and then take them back home. All that is absolutely FREE. One member of the fellowship helps another to attend a meeting in a safe environment.

Everybody has a choice in life: either to struggle on until the bitter end or to give ourselves a chance to find a new way of life without drugs. These stories are only our members' life experiences which we are willing to share with you.

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Hi! My name is Slava and I am a drug addict. I started using alcohol and soft drugs when I was 15 and hard drugs since I was 19. Today I have been clean for a bit over 5 years. My using has made me a first group disabled person, I have a severe speech disorder and motor dysfunction.

I found out about Narcotics Anonymous and people who can help me to get to the meetings while I was trying to treat addiction in the institution. One member of the fellowship came to share his experience. He also told me that they help addicts with disabilities to get to the meetings and different NA events. I was released from the hospital on the 1st of December 2014, attended my first meeting in six days and since that time I have been regularly going to different groups and other events of Narcotics Anonymous. I have been communicating with all these wonderful and kind people till this very day. We are all friends, we hang out, and I don't know what would have happened to me if it weren't for them. I am immensely grateful to all of them!

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Hello! My name is Nastya, and I am a drug addict. I grew up in a dysfunctional family. Since my early childhood, my stepfather sexually assaulted me. My mother showed little interest in me, I babysat my little brother. I started drinking early on. Then I left home and started living with a drug addict. Gradually, I began using drugs too. I changed from one drug to another, learned how to cook them, and engaged in plundering. Eventually, I got four criminal records. When I was 23 years old, I gave

birth to my daughter and got to take a break for one year in order to breastfeed. But when the baby reached its first year, I ran away from home to continue using.

I got married. Me and my husband were using together. He died, and I ended up in a hospital for infectious diseases in critical condition. My body was rotting alive. In half a year I was discharged from the hospital and returned to using.

A month and a half later, there was an accident: I got hit by a car, and right after that got run over by a bus. I spent three months in a coma. I came home in a wheelchair and almost couldn't speak. My stepfather drank and didn't help at all, only saying: "When will you drop dead?" My daughter was taken by child services.

I realized that I had to find the strength to take care of myself and take my daughter back. I did exercise — and started walking with crutches. I took classes with a speech therapist who taught me to speak again. I attended drug counseling and got tested hoping to get my child back. That's where I was told about the fellowship "Narcotics Anonymous". I went to meetings...

I stayed clean for 1 year and 3 months. But I relapsed and was able to stop only after 9 months of using. I gathered patience and humility and began attending Narcotics Anonymous groups again.

At one of the meetings, there were a man and a woman who started assisting me in reaching the NA groups. Then I found out that there were many guys who needed help, just like me. And that, in the fellowship, there are those who are ready to help. New friends in the fellowship helped me to get to the meeting, they were there for me. While living clean, I got married again. I couldn't even hope for something like that. As of today, I haven't been using drugs for 4 years and 5 months. I am grateful to Narcotics Anonymous for this new life and staying clean.

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Hi, my name is Andrew and I'm an addict.

I was in a hospital and there I met a lady. She told me about Narcotics Anonymous. I didn't give importance to that then but stayed in touch with her. There was a day when I came to her and said: "Let's go to a NA meeting?" The day before I woke up at the flat, where I used, and I got scared of dying someday. That was the moment when the idea of going to a meeting came to my mind. I learned about the NA meetings from the same lady from the hospital. She told me about the guys helping those addicts who were not able to get to a meeting by themselves.

I'm a disabled person and the guy from NA helped me to get to my first meeting. At the beginning everything seemed hard to understand for me. After the meeting people started hugging each other. I was impressed with the fact that those people enjoyed life! When I want to go to a meeting, I leave a request in the What's up chat. The guys connect with me, we arrange to meet and go to the meeting together.

I keep on recovering because my life has become better. My attitude towards many things has changed. My perspective on life has changed dramatically. The conflicts and misunderstanding with my parents have come to an end. I made peace with my girlfriend and now we live together again. The people who had known me in my active addiction also treat me differently. There is no place for hostility anymore.

I've been staying clean for 3 years and 8 months only thanks to Narcotics Anonymous. And there is a special thank you to the guys helping others to get to a meeting. These three stories are only a small part of the recovery of thousands of people in the NA Fellowship. We believe that you also can live without drugs and change your life for the better. If you need help and you have a desire to attend NA meetings, just call our helpline:

[+7 495 505 33 96](tel:+74955053396) from 10 a.m to 10 p.m.

na-msk.ru