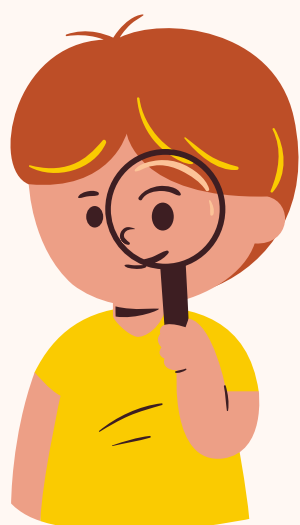


Begin Your Path to Recovery:

5 SIMPLE STEPS TO GET YOU STARTED

01



Identify the problem:

The first step towards recovery is identifying the problem. Acknowledge that there is an issue that needs resolution.

02



Seek help:

Once you have identified the problem, seek help from a professional. They can help provide professional support throughout the process.

03



Create a recovery plan:

With the help of your professional, create a recovery plan that includes specific goals and actions to help you overcome the problem.

04



Implement the plan:

Put your plan into action and stick to it. Make changes to your lifestyle and track your progress.

05



Maintain your recovery:

Once you've made progress toward recovery, it's essential to maintain it. Continue to follow your recovery plan even after you feel great.