



V.I.N.P.R.A.N.A NEWSLETTER

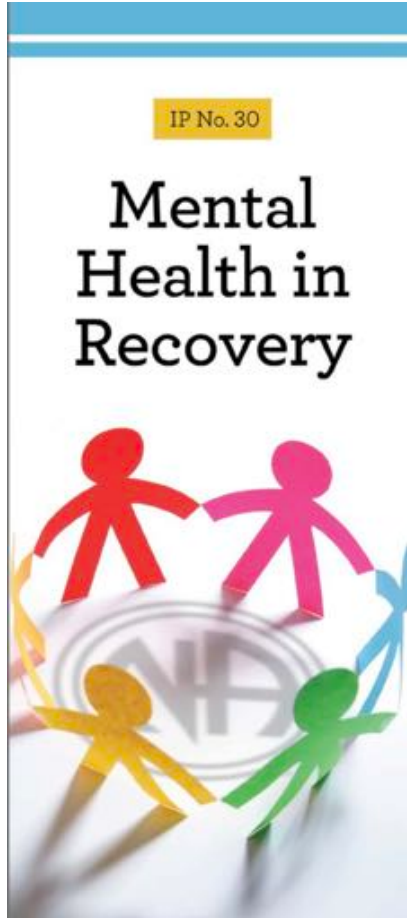
Vancouver Island, North Powell River, Area of Narcotics Anonymous

Spirituality is being myself in all situations.

David C, British Columbia

Living daily with peace and love and the courage to be a child of God. Seeking the knowledge of God's will for me and the willingness to carry it out.

Joanna M, Illinois



Medication and Mental Health

It is possible to find freedom from active addiction in NA and to be taking medication prescribed by an informed healthcare professional for a mental illness.

In Times of Illness, "Mental Health Issues"

In NA, our primary purpose is to carry a message of recovery—this is true no matter what extenuating situations may present themselves. Attempting to address mental health challenges goes beyond the scope of carrying our message or helping other addicts to stay clean. In meetings, no one is a professional; we are all addicts seeking freedom from active addiction.

We may be advised at some point in our recovery to take medications to treat our mental health condition. Medications are to be taken as prescribed by an informed healthcare

professional; we do not self-medicate. Many of us have found it wise to inform our sponsors and a few friends in our support network that we are taking medication. This action helps us to be accountable and allows others we trust to be our "eyes and ears."



With medication, it is important to be mindful and aware of changes that may occur. The longer we are clean, the more our physical and emotional selves change; sometimes, these changes may have an effect on our mental health condition. Honestly sharing any perceived changes with our sponsors, informed healthcare professionals, and supportive friends is a critical step in maintaining a program of recovery.

Many of us have heard, either individually or in meetings, that members taking medication are not clean. However, some mental health medications are prescribed to help manage symptoms that interfere with leading a healthy, productive, drug-free lifestyle. Members who take mental health medication as prescribed by a healthcare professional are considered clean.

