

IS DUAL RECOVERY ANONYMOUS (DRA) RIGHT FOR ME?



Ask yourself the following questions. Answering “yes” to even a few may be a sign that DRA could offer helpful support on your journey. This quiz is for self-reflection only and does not constitute a diagnosis or medical advice.

- ☐ I have a mental illness plus a substance use issue.
- ☐ I want support for both parts of my recovery.
- ☐ I've felt out of place in AA or NA.
- ☐ I take medication for mental health.
- ☐ I've relapsed due to mental health symptoms.
- ☐ I want to connect with others like me.
- ☐ I'm open to spiritual growth in my own way.
- ☐ I believe peer support could help me.
- ☐ I want a safe, judgment-free space.
- ☐ I'm ready to take a step toward healing.

If you have checked any of these boxes, it is critical to receive a professional assessment regarding your mental health. Call Ingrained at (844) 450-1700 to learn more.

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