

# A CERTIFIED RECOVERY COACH:

HELP FROM  
SOMEONE WHO  
***‘GETS IT’***

You're about to make a transition in your life, whether from a program or while living in your community, **NOW** is the time to begin building bridges to successful living in the community.

## **START BY CONNECTING WITH A CERTIFIED RECOVERY COACH THROUGH BESTLIFE.**

A Recovery Coach provides strengths-based support for people like you in early recovery from addiction to alcohol or other drugs. They help you establish habits and behaviors that encourage and reinforce a healthy lifestyle. Importantly, a Recovery Coach has lived experience with addiction, so they ***“get it”*** in a way only someone who's been there understands.

You can meet a Recovery Coach wherever it's convenient: in the community, like at a coffee shop, library or park, or program in which you may currently reside. You can even meet ***“face to face”*** using TeleWell, BestLife's service that lets you connect to your Recovery Coach via smart phone, tablet or computer.

Recovery Coaches have completed special training to get certified and now they're giving back to help others in recovery—including you. Your connection with a BestLife Recovery Coach may be covered by insurance.

Ask for a referral today.

**TO FIND OUT MORE,  
CALL 844-MHA-WELL.**



**“**Iron sharpens iron. You can't do it on your own. You need the right people around you, supportive people who are there for the right reasons. Where we used to rely on alcohol or drugs, now we rely on each other.**”**

**► DALLAS CLARK,  
RECOVERY COACH**