



From Emotional Distress to Renewed Purpose: Lena's Journey of Recovery

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Timely treatment, counselling, family participation and sustained rehabilitation support can help individuals overcome dependence on drugs, rebuild confidence and return to a productive life. Otherwise, emotional distress and the absence of healthy coping mechanisms can increase a person's vulnerability to substance use.

Lena (name changed), a 37-year-old nursing professional from Imphal West, Manipur, overcame substance dependence with treatment and rehabilitation support from Sneha Bhavan, an Integrated Rehabilitation Centre for Addicts supported under the National Action Plan for Drug Demand Reduction. She has maintained sobriety since 2024 and resumed her career as a nursing lecturer.

Following separation from her husband, Ms Lena experienced loneliness, hopelessness and severe emotional distress. She gradually turned to substance use as a way of coping with her pain and stress. Despite holding an MSc in Nursing, dependence affected her mental health, family and social relationships, self-confidence, finances and professional career. Relapses led to two treatment admissions, but she remained determined to recover and rebuild her life.

On 9 May 2024, Lena received treatment and rehabilitation support at Sneha Bhavan in Imphal West. She was provided medical care and health monitoring, individual counselling, group therapy, psychosocial support, relapse-prevention counselling, life-skills education and confidence-building activities. Family counselling, occupational guidance and continued follow-up support helped her address the emotional trauma and loneliness associated with her substance use and strengthened her commitment to long-term recovery.

SUCCESS STORY

NATIONAL ACTION PLAN FOR DRUG DEMAND
REDUCTION (NAPDDR)

FROM DISTRESS TO RENEWED PURPOSE

LENA (NAME CHANGED)

37 YEARS | IMPHAL WEST, MANIPUR
SNEHA BHAVAN | IRCA



CHALLENGE

Emotional distress led to substance dependence, affecting her health, relationships and career.



REHABILITATION SUPPORT

Medical care, counselling, group therapy, relapse prevention and family support aided her recovery.



POSITIVE CHANGE

Sober since 2024, she regained emotional stability, confidence and hope.



PROFESSIONAL RECOVERY

She resumed work as a nursing lecturer and regained financial independence.

“ Recovery helped me rebuild my confidence, resume my profession and move forward with dignity. ”

RECOVERY.

DIGNITY.

REINTEGRATION.

The structured and supportive environment helped Lena regain discipline, emotional stability, hope and self-confidence. She demonstrated positive behavioural changes and developed healthier ways of managing difficult emotions. After treatment, she returned to work as a nursing lecturer, restored a regular source of income and regained financial independence, improving her overall quality of life.

Expressing her contentment over help, support and encouragement from the department in coping up with the grave problem, **Ms Lena said**, “*Recovery helped me to rebuild my confidence, resume my profession and move forward with dignity.*”

Today, Lena is leading a sober, stable and purposeful life. Her journey shows that recovery remains possible even after relapse when professional care, family support and sustained rehabilitation services are available. NAPDDR-supported services at Sneha Bhavan enabled her to reclaim her dignity, rebuild her relationships and use her education and professional skills once again.

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