From Addiction To Recovery: A Young Man’s Journey Towards A New Beginning

Addiction Treatment Facility Supports Recovery, Rebuilding Family Trust and Restoring Hope

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The journey of **Ayaan (name changed)** highlights the importance of timely treatment, professional counselling and sustained family support in the recovery process.

This is the success story of a 25-year-old graduate Ayaan from South Kashmir’s district Kulgam, in Jammu & Kashmir, who faced a prolonged struggle with substance use after initially consuming cannabis under peer influence.

Over time, his substance use progressed to heroin addiction and continued for nearly five years, affecting his physical and mental well-being, family relationships and aspirations for the future.

The prolonged struggle led to social withdrawal, reduced concentration, declining motivation and loss of confidence. It also placed considerable emotional and financial strain on his family. His substance use-related behaviour further affected family trust and strained relationships. With his family’s support, he was referred to the Addiction Treatment Facility (ATF), Kulgam, to seek professional care and begin his recovery journey.

At ATF Kulgam, he received medical treatment and supervised withdrawal management, along with regular psychological counselling. The intervention focused on relapse prevention, healthy coping mechanisms, emotional management, decision-making and rebuilding self-confidence.

Motivational counselling and behavioural support helped him work towards overcoming substance dependence and adopting healthier patterns of living.



The combined efforts of the medical team, counsellors and his family played an important role in sustaining his recovery. Regular follow-up and a supportive rehabilitation environment helped him move towards stability and social reintegration.

Today, he is leading a healthier and more productive life, has regained confidence, is rebuilding trust with his family and is focusing on a positive future.

The experience of ATF Kulgam demonstrates how accessible treatment, counselling and rehabilitation can help individuals move beyond substance dependence and work towards renewed hope and dignity.

This success story also reinforces the importance of encouraging people affected by substance use to seek professional assistance without stigma or hesitation. His journey stands as a reminder that timely intervention, compassionate support and a sustained commitment to recovery can help make a new beginning possible.

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