From Substance Dependence To Self-Reliance Karim Nagar Telangana's Neel's Journey Of Recovery

Rehabilitation Support through the Integrated Rehabilitation Centre for Addicts

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Recovery from substance dependence help individuals rebuild their health, relationships and economic stability.

The journey of NEEL **(name changed),** a 25-year-old graduate from Karimnagar, Telangana, highlights the role of comprehensive rehabilitation and continued support in helping individuals work towards a healthier and more stable life.

NEEL began consuming alcohol and cannabis due to peer influence and family stress. Over time, substance use affected his work performance, health and family relationships. He experienced financial instability, social isolation, emotional disconnection and declining confidence. His family was also affected financially and emotionally, but continued to support him through treatment and rehabilitation.

On 22 May 2026, NEEL received support through the Integrated Rehabilitation Centre for Addicts (IRCA) at Prakriti Environment Society in Karimnagar, Telangana. The assistance included medical treatment, detoxification, individual counselling, behavioural therapy, emotional and psychological support, and family counselling.

Vocational guidance, follow-up care and relapse prevention services further supported his recovery and helped him work towards rebuilding his personal and professional life.



Family motivation and comprehensive rehabilitation support helped NEEL develop healthier habits, strengthen family relationships and regain confidence. The combination of counselling, treatment and continued care supported his efforts to maintain sobriety and move towards a more stable and independent future.

Today, NEEL is maintaining sobriety, working regularly and earning approximately Rs 15,000 per month. His regular income has enabled him to contribute to his family's well-being, while improved relationships and renewed confidence have helped him move forward with greater stability.

NEEL's journey demonstrates the importance of accessible treatment, professional counselling, family participation and sustained follow-up care in supporting recovery from substance dependence.

The rehabilitation services provided through the IRCA at Prakriti Environment Society highlight how comprehensive support can help individuals rebuild their lives, restore family relationships and work towards social and economic reintegration.

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