

Breaking Free helps you cut down or quit substance use for good

Our most effective self-guided substance use treatment is available at no cost to you and completely confidential



You're not alone

Substance use disorders are on the rise globally. You may feel like you're the only one facing these challenges, but many people are in similar situations.

Breaking Free is a discreet and self-guided program that's helped people manage substance use – it can help you too.

Breaking Free is effective

The most substances

Addresses alcohol and more than 70 substances, including cannabis, opioids, and prescription drugs

Highly personalized

The program tailors advice to your unique needs and circumstances

Goal-focused

Empowers you to reach and sustain your goals with proven therapy techniques and a toolkit of practical resources

Here's how it works

Breaking Free gives you engaging, empowering self-guided strategies which are backed by research.

Breaking Free is an online program that understands goals, uncovers triggers, and provides personalized action plans that can help you resolve and move on from difficulties with drugs and alcohol. It's completely confidential and is available 24/7 on smartphones, tablets, or computers.

Breaking Free is available at no cost to you and is provided by your organization.

1. Complete a questionnaire

Gives Breaking Free a deep understanding of your circumstances and difficulties

2. Set goals

Breaking Free helps you reduce or stop your substance use, or maintain your recovery, depending on your goals

3. Learn what could impact your recovery

Gives you a personalized diagram of potential risks and how to deal with these using proven techniques

4. Get action plans

Empowers you to put what you have learned into practice to achieve sustained behavioural change

5. Track progress

Shows you how you are progressing towards you goals and your personal achievements throughout their journey

6. Celebrate your success

Allows you the option to share your progress with your supporters and receive a certificate to acknowledge your hard work

Mobile app

The Breaking Free app strengthens positive coping skills by triggering geo-location alerts when you approach high-risk locations and delivering calendar alerts.

A proven clinical model

You learn to understand the psychological and lifestyle drivers of your substance use. The program is personalized to individual needs and circumstances to deliver the most effective behavioural change techniques.

Try Breaking Free

Access through the LifeWorks online platform [Login.lifeworks.com](https://login.lifeworks.com) or download the LifeWorks app, click **Life** in the navigation bar, then select the **Breaking Free** tile.

Enter Service/Access code: vsb