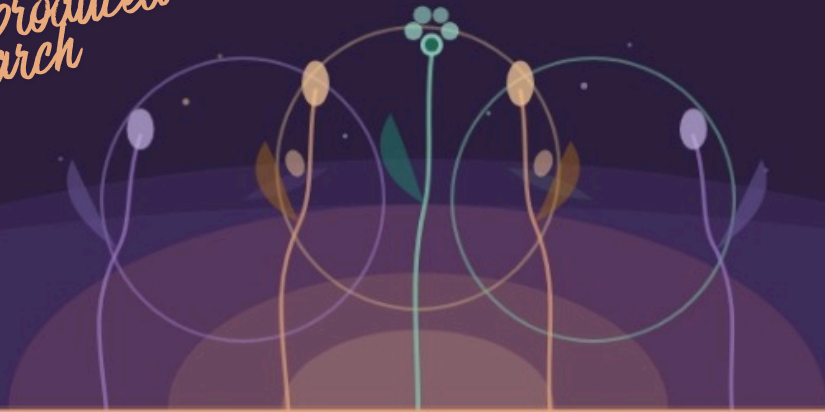


Fully Co-produced  
Research



*"Your story matters. Your voice can help shape recovery support for women across Scotland."*

WOMEN IN RECOVERY – SHARE YOUR EXPERIENCE

## We want to hear *your* recovery journey.

This **University of Dundee PhD research** is exploring what helps women recover – the strengths, the barriers, and the support that makes a real difference. Your experience, whatever form your recovery takes, is exactly what we need to hear.

### YOU CAN TAKE PART IF YOU...

- Live in Scotland and are aged 18 or over
- Identify as a woman
- Are in recovery from drug and/or alcohol use – including early recovery

### THE SURVEY COVERS

Recovery pathways

Peer support

Barriers & strengths

Motherhood & caregiving

Wellbeing

Recovery over time

**30-50 min**  
to complete online

**Fully anonymous**  
no identifying info published

**Voluntary**  
skip questions or stop any  
time

Access the survey via the direct link (or copy and paste into your browser):

<https://app.onlinesurveys.jisc.ac.uk/s/dundee/trajectories-and-pathways-survey-year-1>

Or scan the QR code:



**Shelley Duffy – PhD Researcher**

s.v.duffy@dundee.ac.uk

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University of Dundee

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