

OCTOBER 2025: DRUG RECOVERY MONTH

SYNC | RECOVERY

VOL 1 ISSUE 01

E - MAGAZINE

UNMUTED.

THE YOUTH-LED REVOLUTION

THAT IS RESHAPING

RECOVERY.



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From the Editor



In early 2025, we invited **12 youth** to share their perspectives on supporting people in recovery. They emphasized hope, the importance of community support, and the need to end stigma around recovery. This e-magazine amplifies their voices and ideas.

Our aim was not to capture personal stories, but to **highlight youth insights** that can inspire action, awareness, and empathy. Through these reflections, we hope to remind communities that **support matters** and that **everyone deserves understanding and encouragement in recovery**.

Launched during **Drug Recovery Month**, this campaign celebrates the voices of Pakistani youth and reaffirms our commitment to youth-centered recovery advocacy.



Azqa

Editor-In-Chief

Founder, Career Sync Solutions
Member, World Federation Against Drugs (Sweden)
Member, International Society of Substance Use Professionals (USA)
Youth Member, United Nations Association of Pakistan

Youth Voices

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I have seen what addiction can do to a person. It doesn't just hurt them, it changes everything around them. I have watched people I care about lose parts of themselves, and it's painful when you can't do much except stand by and hope they find their way back. But I have also seen the other side, that is, the strength it takes to recover, to admit you are struggling, and to keep trying every single day. Recovery isn't easy, but it's real, and it's possible. I have learned that people in recovery don't need judgment or fancy advice. They just need someone to believe in them, to remind them that they're still worthy of love, even when they feel broken.

-Mir Muhammad Adil / (Biotechnologist)



Addiction doesn't define who you are, your strength to fight it does. Recovery is a journey, not a race, and every step forward counts. To anyone struggling in silence, please know that asking for help is the bravest thing you can do. You're not alone, and your story matters.

- Hira Mujahid / (PharmD Student)



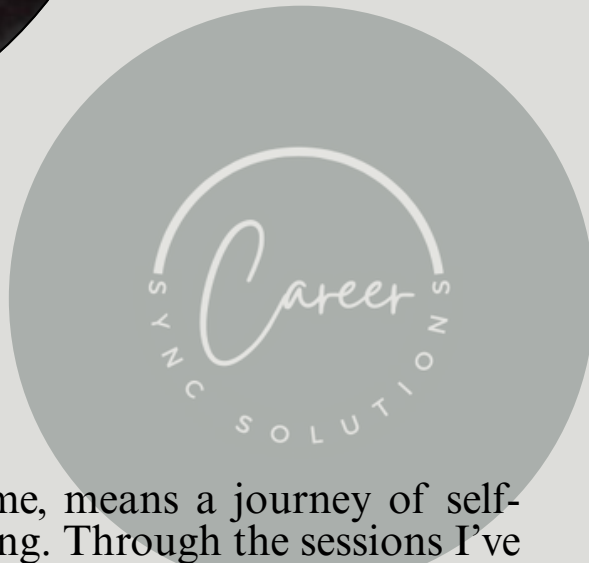
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It was hard for me to believe when I read THIS: In Pakistan, substance abuse is among the leading causes of death and lost potential among young people aged 15 to 29. This crisis must be stopped. Fortunately, to stop this, we don't need a lot of money, we need empathy. Empathy to listen without judgment. Empathy to accept when you need help. Empathy to be present for your loved ones.

- Wajiha Malik / (LinkedIn Ghostwriter)



Drug recovery, to me, means a journey of self-awareness and healing. Through the sessions I've attended, I've learned that recovery is not just about leaving substances behind but about understanding myself, my emotions, and my triggers. Others can guide or support me, but the real change starts from within. It's about taking responsibility, rebuilding confidence, and choosing a healthier, more meaningful life every single day.

- Princy Kumari / (AFS Changemaker)



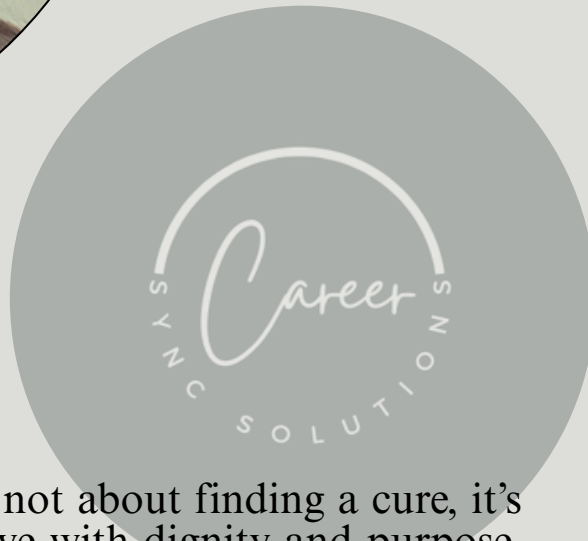
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As a computer science student, I've learned that just like systems can crash and be restored, people too can heal and rebuild. Recovery is not weakness, it's courage in motion. Every effort to rise again, no matter how small, is powerful. I believe that through awareness, empathy, and shared stories, we can inspire others to find hope and strength on their journey toward recovery.

- Sanam Ashfaq / (Computer Science Student)



For me, recovery is not about finding a cure, it's about learning to live with dignity and purpose. You are more stronger than you think, it's not about your solo journey, it's just a way when you actually find the true people who encourages and supports you in a journey for not only surviving life but also living the life. The journey may not be easy but you got your beloved ones to love you as you are!

- Ria Kumari / (Founder of Green Future Foundation)



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Recovery, to me, is rediscovering balance learning to grow through what once held me back. It's about transforming setbacks into self-awareness and turning reflection into strength. Career growth begins when we stop chasing perfection and start embracing progress with empathy, resilience, and purpose guiding the way.

Bisma zaib | (Web Developer)



If you're walking the path of recovery, don't stop now.

What you're doing takes real courage. Healing isn't instant, but every step you take shows your strength not because you never stumble, but because you keep rising, every single day. You're not alone in this. Healing takes time, and that's perfectly okay. What truly matters is that you're trying and that effort is enough. Keep moving forward; brighter days are coming.

Maira Khan | (Public Health Graduate)



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My curiosity about the link between Adverse Childhood Experiences and substance use led me towards doing trauma-informed therapy with clients. I've witnessed how addressing trauma's roots helps people move from survival to recovery. Healing deepens when we start to understand addiction as the body's attempt to cope with pain and not their moral failure.

Qintra Ayesha Nizami | (Trauma Therapist)

Drug recovery is more about reclaiming your life while quitting the addiction. Substance abuse in Pakistan is a threat to society, stealing precious years of youth. What's even more disheartening is seeing how this addiction has been normalised as a social trend. However, behind this false image, lies despair, broken hearts, strained families, and lost happy years of life. For me, recovery requires immense strength, beginning a new journey of transformation - support from others, commitment to yourself and compassion everyday. The true healing begins when you embrace the positivity, fight the inner battles, and challenge your limits to stay away from such addiction. It's more about rediscovering and reclaiming your true identity in society - a path where you are actually evolving yourself.

- Sidra Zafar | (Research Writer)



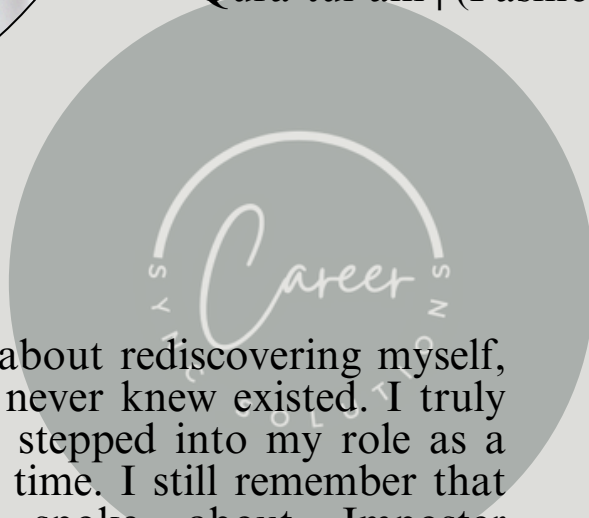
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My work as a fashion designer has always been about creating beauty, but I've come to realize that true transformation goes beyond what we wear, it's about how we heal. Supporting Drug Recovery Month has shown me how experiences from our past can shape the ways we cope with pain, including substance use. I've learned that recovery isn't just about breaking habits; it's about addressing the roots of trauma and nurturing the self. When we approach addiction with empathy rather than judgment, we make space for real healing and self-expression to flourish.

Qura-tul-ain | (Fashion Designer)



Recovery for me is about rediscovering myself, the version of me I never knew existed. I truly realized this when I stepped into my role as a speaker for the first time. I still remember that moment when I spoke about Imposter Syndrome on a StreamYard platform. That experience awakened a new side of me confident, expressive, and deeply connected with others' emotions. It made me realize that healing isn't always about fixing what's broken; sometimes, it's about uncovering the strength, purpose, and voice that were hidden inside all along.

Rimsha Zahir Ali Shah | (Bioscientist)



“Support and empathy are the true keys to recovery.”

Impact Snapshot

Through this campaign, 12 young people shared their perspectives on recovery, hope, and the importance of community support. They emphasized that no one in recovery should ever lose hope, that stigma only holds people back, and that small acts of understanding can make a meaningful difference. These reflections remind us that listening to youth voices is essential to building supportive communities and fostering empathy, awareness, and action around recovery.

Road Ahead

As this campaign comes to a close, our focus shifts from conversation to continuity. These youth voices have sparked awareness and connection and that impact continues beyond these pages. Moving forward, we remain committed to creating safe spaces, amplifying youth perspectives, and supporting community-based recovery initiatives that bring understanding, not stigma. We believe change begins with listening and that every young person, whether in recovery or advocating for it, deserves to be heard, valued, and supported. This isn't the end of a project, but a step forward toward compassion-led action in our communities.

- **Dr Azqa Shahzad**
(Founder | Career Sync Solutions)

Acknowledgements & Credits



This e-mag was conceptualized, compiled, and edited by **Career Sync Solutions**, with contributions from 12 Pakistani youth who shared their reflections during the 2025 Drug Recovery Awareness Campaign.

Branding, research, and outreach were led by the **Career Sync Solutions Branding, Outreach & R&D Team**, under the editorial direction of **Dr. Azqa Shahzad, Editor-in-Chief**.

Special thanks to our global partners and youth networks for inspiring this dialogue on empathy, recovery, and community support.