

# HOW CAN I HELP MY FRIEND?

Do you worry about your friend's drug or alcohol use on a regular basis?



## WARNING SIGNS

Difference in personal health, hygiene or academics?

Doing dangerous things or getting into trouble?

Does your friend use to escape from or cope with problems or stress?

Hanging out with new people or group of friends?

Have they tried to stop, but been unable to?

## WHAT TO SAY & WHAT NOT TO SAY

Find a trusted adult you can openly talk to and trust. (ie. Teacher, Guidance, Nurse)



"I want to talk to you because I am worried"



Don't accuse or argue.

Don't judge.



Suggest they speak to a trusted adult.



Assure them they are not alone.

Don't give up!!

Listen, Encourage, Share & Support

## RESOURCES

MA Substance Abuse Hotline



[www.helpine-online.com](http://www.helpine-online.com)  
800-327-5050

C.A.S.T.L.E (Teen Treatment)



[www.castlekids.org](http://www.castlekids.org)  
508-638-6000

Independence Academy



(508) 510-4091  
@IA\_RecoveryHS

CRISIS TEXT LINE: TEXT HELLO to 741-741

Brockton Area Opioid Abuse Prevention Collaborative  
30 Meadowbrook Rd, Brockton MA | 508-742-4405



@OD\_Preventionist



@OD\_Preventionist