

how to help

when someone you love is struggling with substance use, there is no "one size fits all" approach. the process of getting them help looks different for everyone, but these steps might help:



STEP 1: RECOGNIZE IT

- change in physical appearance
 - change in behavior or attitude
 - becoming more easily agitated
- secluding/isolating themselves more
 - lack of commitment & follow through
 - trying to stop using substances, but can't

STEP 2: ADDRESS IT

"I want to talk to you because I'm worried about you."

it can be difficult to talk to someone you love about their substance use. first, determine the right timing and location to say something. there is a chance they may become defensive, angry, or deny the issue. don't argue, and try this conversation again later.

STEP 3: DON'T GIVE UP



a change in behavior from someone struggling with substance use may take time. remind them when you notice "little victories" - stay persistent but also recognize when a healthy boundary needs to be created to protect your mental health & well-being.

you are not alone.

begin by asking a trusted adult for support

Crisis Text Line: Text HELLO to 741-7411

National Helpline (Substance Use & Mental Health): 1-800-662-4357

