

# HOW TO HELP



Presented by the  
Plymouth Youth Development Collaborative  
& Brockton Area Prevention Collaborative

## Worksheet One: How to Help

*To be completed following the virtual training, "How to Help."*

1. What are two signs that could indicate a person might be struggling with substance use?

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2. If you've recognized that a friend or loved one is struggling with substance use, what is one way that you can try to address it?

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3. Please provide an example of positive reinforcement that you could give a friend or loved one that you are trying to help.

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4. Try this! Research and identify one local resource in your community that you can refer a friend to that is in need of help. Please describe the resource you found below.

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