

Substance use disorder: Understanding how you can help.

Show empathy
and
understanding
by listening
without
judgement

Encourage
healthy
activities
together such
as exercise or
other hobbies

Help look for
resources such
as treatment
options,
therapists, or
support
groups

Help them
establish and
maintain a
daily routine
to provide
stability

Encourage them
to seek
professional
help from
doctors,
therapists, and
substance use
specialists

Ensure they
address any
co-occurring
issues such as
mental or
physical health
issues

Maintain open
and honest
communication
while offering
encouragement
and reminding
them of their
strength

Work to set
healthy
boundaries
and address
potential
triggers

Encourage
long-term
recovery by
celebrating
their
milestones