**Substance Addiction**

| **I can help myself by…** | **I can help others by..** | **Professionals to contact** |
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| Accepting that you have addiction | Educating yourself with information about addiction and its causes. | Psychiatrist |
| Seeking professional help | Offering support and love | Psychologist |
| Appreciating the benefits of soberity | Encouraging them to explore new interest, so that they are engaged , guiding them to seek professional help |