

## HOW TO HELP A LOVED ONE STRUGGLING WITH ADDICTION

- Remember that addiction is not a choice or a moral failing; it is a disease of the brain
- Addiction is ultimately a condition that the individual must learn to manage; no one can take the fight on for the addict.
- Set boundaries and stand by them.
- Encourage the individual to seek help; this may include finding treatment resources for them.
- Find a therapist who specializes in addiction counseling and get help. Loved ones of addicts need support too.
- Set an example for healthy living by giving up recreational drug and alcohol use.
- Be supportive, but do not cover for problems created by substance abuse. The person struggling needs to deal with the consequences of their addiction.
- Be optimistic. A person struggling with drug or alcohol abuse will likely eventually seek help due to ongoing encouragement to do so. If they relapse, it is not a sign of failure; relapse is often part of the overall recovery process.

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Wherever you go  
Whatever you do  
I will always be there  
To support you

I am not going to tell you to  
get over it,  
I am going to help you get  
through it.

