

Supporting people with

DRUG AND ALCOHOL PROBLEMS



It can feel difficult to support someone who is struggling with recreational drug or alcohol use. It might make you feel worried, frustrated or lonely. But there are things you can do to help.

This might include encouraging them to seek help for the first time.

If you are supporting someone seeking help for the first time, you could:

Reassure them

that it is OK to seek help

Help them

find out what services are available locally

Turning Point's website has a tool to help you find local services for drug and alcohol use (the tool refers to it as 'substance misuse'). turning-point.co.uk/find-a-service

Go to

appointments with them

if they would like you to. This may especially help for their first visit.

If they already receive treatment or support, you could help them stick to their treatment plan, go to appointments and meet their targets.

As well as helping them find treatment and support, these are some ways to help someone feel supported:

Find ways

to spend more time together

You could try joining in with any activities that they enjoy.

Try to explain

how their alcohol or drug use is affecting you



Listen to them

if they want to talk about their experiences or how they feel

Look after yourself

Supporting someone else can have a big impact on your own life. By looking after yourself, you might also find it easier to offer support to others.



we are here to **HELP**

If you are concerned about your addiction and would like to talk to us about your options, please give us a call. **07480 726082** Or send us a message at: helpline@sixmhs.com