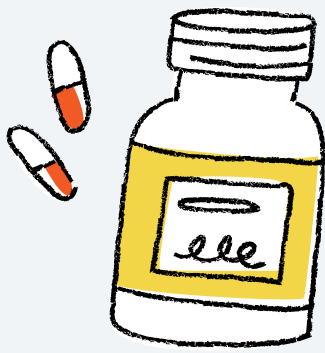


HOW TO HELP SOMEONE WITH AN ADDICTION



HOW TO IDENTIFY SOMEONE WITH AN ADDICTION

- They begin to distance themselves with others around them.
- A lack of interest in work/school or personal life
- They begin spending less time on the things that make them happy or bring them joy.



TYPES OF ADDICTION

Some of the most common addictions can include, alcohol, weed, drugs, and tobacco.



A WAY TO APPROACH SOMEONE WITH AN ADDICTION

Use sentences that use the word “I” to show your support for the person you are trying to help.

E.g: “I care about you, and I’m here to listen.”



HOW CAN THEY GET HELP

You can treat addiction through, rehab, hospitals, medication, therapy, and by also going to support groups



WAYS YOU CAN HELP

You can show them that you respect their way of making positive changes. Rather than dictating what they must do, ask how you can help.