



# 5 TIPS FOR SUPPORTING SOMEONE WITH AN ADDICTION

1

## STAY INFORMED

Educate yourself about the signs and symptoms of addictions and substance use to be better prepared.

2

## TIMING

Pick a comfortable time and environment to talk to the person about changing behaviours you've noticed.

3

## USE "I" STATEMENTS

Use "I" statements to show how you feel instead of "You" statements to avoid attacking the other person.

4

## MAKE A PLAN

If possible, help the person make a safety plan with resources to help them stay safe or seek treatment.

5

## TAKE CARE OF YOURSELF

Make sure to take time for self-care so that you're able to recharge.

