

# How to Help a Loved One Who is Showing Signs of Drug or Alcohol Abuse

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- **Learn All You Can About Alcoholism and Drug Dependence:** Utilize the National Council on Alcohol and Drug Dependence (NCADD) resources we have provided including, [Learn About Alcohol](#), [Learn About Drugs](#) and [For Friends and Family](#).
- **Speak Up and Offer Your Support:** Talk to the person about your concerns, and offer your help and support, including your willingness to go with them and get help. Like other chronic diseases, the earlier addiction is treated, the better.
- **Express Love, Concern and Support:** Don't wait for them to "hit bottom." You may be met with excuses, denial or anger, but be prepared to respond with specific examples of behavior that has you worried.
- **Don't Expect the Person to Stop Without Help.** You have heard it before-promises to cut down, stop, but it doesn't work. Treatment, support, and new coping skills are needed to overcome addiction to alcohol and drugs.
- **Support Recovery as an Ongoing Process:** Once your friend or family member is receiving treatment, or going to meetings, remain involved. While maintaining

your own commitment to getting help, continue to support their participation in continuing care, meetings and recovery support groups. Continue to show that you are concerned about and supportive of their long-term recovery.

### **Some Things You Don't Want To Do:**

- **Don't Preach:** Don't lecture, threaten, bribe, preach or moralize.
- **Don't Be A Martyr:** Avoid emotional appeals that may only increase feelings of guilt and the compulsion to drink or use other drugs.
- **Don't Cover Up,** lie or make excuses for them and their behavior.
- **Don't Assume Their Responsibilities:** Taking over their responsibilities protects them from the consequences of their behavior.
- **Don't Argue When Using:** When they are using alcohol or drugs, they can't have a rational conversation.
- **Don't Feel Guilty** or responsible for their behavior, it's not your fault.
- **Don't Join Them:** Don't try to keep up with them by drinking or using.

For additional helpful information, visit the NCADD website at the following links: Learn [About Alcohol](#), [Learn About Drugs](#) or [Get Help](#).

[PFCS Chemical Dependency Services](#) are dedicated to the philosophy that addiction is a treatable disease. [Contact us](#) for more information about our treatment options, as well as other resources that can help you and your loved one overcome the dangers of substance abuse.

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