

# How Can I Talk to Someone About Addiction?

## 1. EDUCATE YOURSELF

- Learn more about addiction and how best to support loved ones

## 2. BE NON-JUDGEMENTAL AND KIND

- Express concern for their wellbeing
- Avoid guilt or blame

## 3. UNDERSTAND THEIR MOTIVATION TO QUIT

- Determine what their personal reasons are for quitting.

## 4. SET BOUNDARIES

- Example: no smoking or alcohol in the house

## 5. HELP THEM FIND SUPPORT

- Connect them to their primary care doctor, mental health professional, support groups or rehab facilities

## 6. BE PATIENT

- Recovery is a gradual process and takes time

If you or someone you know is struggling, please reach out to your primary care provider or contact  
**ACCESS at 1-844-55ACCESS**

