

SUBSTANCE ABUSE & ADDICTION

Follow these tips to navigate and relate to someone that is struggling with addiction or substance abuse.

Identify an Appropriate Time and Place

When addressing your concern about a colleague's behavior, consider a private setting with no distractions, such as a walk around your workplace or a short drive to lunch.

Express Concern and Be Direct

Be intentional with your concern. Provide examples and reasons why you're worried about them.

Acknowledge their Feelings and Listen

It's important to keep an open mind and listen without judgment. They need to feel understood and validated as they become comfortable sharing their struggles.

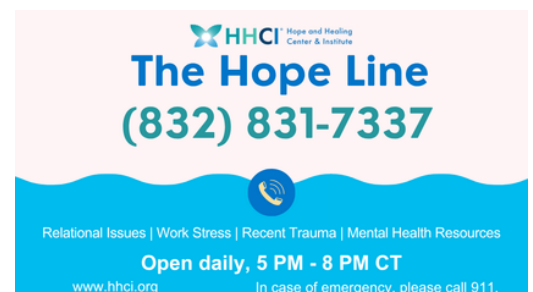
Offer Help


Let them know that what they're going through, also impacts millions of people across the nation and it can be treated. Help them connect to a professional for the next step.

Be Patient


Results will not happen overnight. Be patient with the process, allow space to check-in on that person and follow their journey through treatment and healing.

<https://hopeandhealingcenter.org/get-help-hope-line/>



 HHCI[®] Hope and Healing Center & Institute

The Hope Line
(832) 831-7337



Relational Issues | Work Stress | Recent Trauma | Mental Health Resources

Open daily, 5 PM - 8 PM CT

www.hhci.org In case of emergency, please call 911.