A PAUSE, A PRACTICE, A NEXT STEP

When Someone You Love Is Using

Start a kind conversation and find support for yourself.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Choose a quiet time

Pick a time when you both feel safe and the person is sober. Say what you have noticed. Ask how things have been for them. Give them time to answer.

01 / Notice and reflect

What have I noticed that I can describe kindly?

02 / Notice and reflect

What help can I offer this week?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: If your loved one is hard to wake or is barely breathing after using, call 911. Give naloxone if an opioid may be involved and you have it. Stay until help arrives. If you are a teen worried about someone, tell a trusted adult.

Read more: SAMHSA · How to talk with someone about getting help

More tools and immediate support: Our Healing Room / Crisis Support.