



5 Ways to take care of yourself when someone you love uses drugs

Find Out How

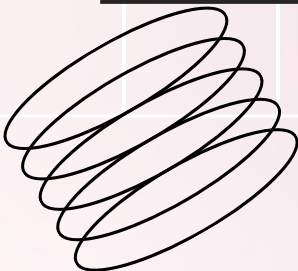


01.



Acceptance.

You are the only person you can control. Accepting that this individual has to make decisions for themselves is difficult but necessary for your mental health & wellness.

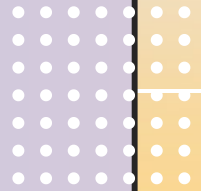


02.



Set Boundries.

There is no right way to support someone and you need to find the best way that works for you. Don't be afraid to put your own needs first or to tell someone you are not able to do someting for them.



03.



Avoid acting out of anger.

When we act out of anger, we often regret what we have said or done which only makes the situation more difficult for us. We know that the person we love is hurting and we don't want to add to their pain.

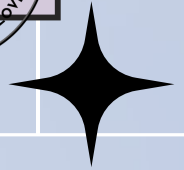


04.



Seek support.

There are millions of people in the US struggling to cope with the substance use of someone that they love. Consider seeking therapy or finding a support group. There are in person and online support groups available.



05.



Find joy.

When so much of your energy is going towards worrying about someone you love, you can lose site of the things in life that you enjoy doing.



06.



Need help?

We can help connect you to resources
in your area.

Our DMs are always open.

