

# 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.  
[www.myhopeline.com](http://www.myhopeline.com).

