When a family member is drinking too much, using drugs, or struggling with a mental disorder, your support can be key to getting them the treatment they need. Starting the conversation is the first step to getting help.

**How You Can Help**

1. **IDENTIFY AN APPROPRIATE TIME AND PLACE.** Consider a private setting with limited distractions, such as at home or on a walk.

2. **EXPRESS CONCERNS AND BE DIRECT.** Ask how they are feeling and describe the reasons for your concern.

3. **ACKNOWLEDGE THEIR FEELINGS AND LISTEN.** Listen openly, actively, and without judgement.

4. **OFFER TO HELP.** Provide reassurance that mental and/or substance use disorders are treatable. Help them locate and connect to treatment services.

5. **BE PATIENT.** Recognize that helping your loved one doesn’t happen overnight. Continue reaching out with offers to listen and help.

**What to Say**

- “I’ve been worried about you. Can we talk? If not, who are you comfortable talking to?”
- “I see you’re going through something. How can I best support you?”
- “I care about you and am here to listen. Do you want to talk about what’s been going on?”
- “I’ve noticed you haven’t seemed like yourself lately. How can I help?”

For more resources, visit [www.SAMHSA.gov/families](http://www.SAMHSA.gov/families).

If you or someone you know needs help, call 1-800-662-HELP (4357) for free and confidential information and treatment referral.