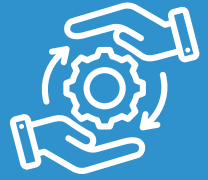


## Families dealing with Drug and Alcohol Challenges

When a family member is struggling with drugs or alcohol, it can be overwhelming and deeply emotional. While there are no simple solutions, your support can make a significant difference. Here are some key ways to navigate this challenging situation.



**Stay calm and plan your approach:** Think ahead about how you'll respond to your loved one. Pausing before reacting allows you to manage your emotions, focus on what matters, and respond in a way that encourages positive communication.

**Maintain open and honest communication:** Keeping communication lines open is essential. Avoid confrontation, as it can escalate tension. Instead, create an environment of trust where your loved one feels safe to talk.

**Express concerns with care:** Share your worries calmly, focusing on how their substance use is affecting you and the family. Avoid accusations, and instead, express your concerns in a way that invites understanding.

**Listen without judgment:** Feeling heard can be a powerful motivator for change. Practice active listening—give them space to speak, avoid interrupting, and show that you're there to support, not to criticise.

**Seek support for yourself:** You don't have to do this alone. Reach out to family, friends, or professional support services for guidance and resources. Taking care of yourself ensures you can better support your loved one.

**Set clear and healthy boundaries:** Establish boundaries that protect your well-being while supporting your loved one. Be clear about what you can and can't accept, and communicate these boundaries with consistency.

**Prioritise self-care and mindfulness:** Supporting someone through addiction can be emotionally draining. Look after your own mental and emotional well-being by practicing mindfulness, seeking counselling if needed, and ensuring other family members have support too.

**Encourage and acknowledge progress:** Recovery takes time, and every step forward—no matter how small—is important. Recognise efforts and positive changes without placing unrealistic expectations on progress.

To book an appointment with one of our counsellors, call or scan the QR Code



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