

Alcohol: Supporting Others

How to provide support when concerned about someone's use.



EDUCATE YOURSELF

- Check out [Canada's Low-Risk Alcohol Use Guidelines](#).
- Recognize when alcohol use is a problem & when to get help. Visit [CheckItOutNL.ca](#) & complete an [Alcohol Use Self-Screening](#).
- Learn the signs of withdrawal & explore available supports.
- Understand that addiction is a health condition & recovery is possible.



TALK ABOUT IT

- Be honest & show you care.
- Stay calm, listen, & be positive.
- Use 'I' statements (e.g., I feel worried when you drink).
- Set boundaries & voice them.



OFFER HELP

- Schedule regular check-ins.
- Create a plan together. Be realistic & celebrate small steps.
- Help them focus on making changes to support healthy living.
- Help them plan alcohol-free activities & help avoid triggers.
- Help them reach out to services & supports.



TAKE CARE OF YOURSELF & LOVED ONES

- Be kind to yourself. You are not responsible for 'fixing things'.
- Reach out to supportive family & friends.
- Enjoy healthy foods, be active, & take time to rest.
- If you or a loved one is struggling, reach out - We're here to help.

YOU ARE NOT ALONE. WE'RE HERE TO HELP.



Rapid access to mental health & addictions counselling 'one session at a time'. Find a location, visit the Service Directory on [Bridgethegapp.ca](#) or call 811.



Your go-to website for mental health information, online programs, & connection to local supports & services.