

TIPS: Helping A Friend Who Has A Problem With Drug Use

If you have a friend or family member who has started using drugs or is hanging out with bad company, you can help by...

- **Talk to an adult**

Teachers, parents and school counsellors or social workers will have ideas that can help you talk to your friend about drug use. Ask for ideas to help them if you do not want to name anyone. They are specially trained to deal with teens and drug use.

- **Take a risk**

Talking to your friend about his drug use is not an easy thing to do, as it can make him angry. Try and spend some quiet time with him (not in quiet, hide outs that will put you in trouble), and let remind him of the dangers and potential problems he is getting into. Speak to him only when he is sober. If he is angry, you may have to stay away from his company. But continue to care for him and share ideas with him.

- **Remind them that help is available**

Sometimes people want confidential help, because they do not want anyone to know about their situation. This is OK. Try and research and find them a counselling service around. You can always ask adults (teachers or parents) about places for teen counseling, and give your friend the information.

- **Be careful yourself**

You can also be tempted into drugs one day. Knowing the facts like what you are doing now is a great way to stay away and say NO! Look out for bad company and stay far away. Do not even entertain them. If your good friends have fallen to drugs, be careful they do not drag you into it.

<http://eschooldtoday.com/drug-abuse-and-teens/getting-help-with-drugs.html>