



## How To Start A Conversation with Someone You Love

### 1. Pick your time and place.

- Pick a setting where you and your friend both feel safe and supported.

### 2. Have the conversation.

- Express concern, appreciation and caring. Don't make them feel judged.
- Mention specific behaviors you've noticed and why they worry you.
- Share personal connection to the issue, if relevant.

### 3. Extend support.

- Offer to connect your friend with resources in the community.
- If you have an article, book, etc. with information about addiction, offer it.

### 4. Ask for help.

- You don't have to do this alone. Tell someone you trust about this conversation, and help your friend together.