

# How to Help a Friend



Are you worried about a friend who is abusing? It can be hard, but here are some suggestions about how you can help.

- Prepare what you are going to say to your friend. Be sure to explain that you are concerned, the real risks of abuse, and how you want to support your friend to get drug-free.
- Pick a place and a time for your talk during which you will not be interrupted.
- Listen, *really listen*, to what your friend says to you and offer to assist him in getting professional help or finding a trusted adult to talk with.
- Be a friend. Keep the conversation going and continue to show him you care.
- Get support from an adult you trust. If your friend continues to abuse and refuses professional help, you may have to limit the time you spend with him. Be sure to talk to a trusted adult for advice on what to do.

You can visit the following sites for more information about prescription pill abuse:

- [AddictionHappens.org](http://AddictionHappens.org)
- [StopMedicineAbuse.org](http://StopMedicineAbuse.org)
- [Teens.drugabuse.gov](http://Teens.drugabuse.gov)
- [AbovethetheInfluence.com](http://AbovethetheInfluence.com)
- [TooSmarttoStart.samhsa.gov](http://TooSmarttoStart.samhsa.gov)

Garrett County Drug-Free Communities  
Coalition  
1025 Memorial Drive  
Oakland, MD 21550

Phone: 301-334-7730  
[DrugFreeGarrettCounty.org](http://DrugFreeGarrettCounty.org)

