



What to Do When You or Your Loved One Has a Substance Use Problem

Once you have recognized that you or a loved one is struggling with addiction, it can be overwhelming to decide what to do next. Read the steps below to learn how you or your loved one can effectively begin the healing process.

When You Have a Problem with Drugs or Alcohol

- Admit to yourself that you have a problem and want help
- Talk to family and friends about what you are experiencing
- If you have children, consider letting another family member care for them while you focus on healing
- Let your employer know about your situation and discuss the possibility of taking a leave of absence for treatment
- Explore treatment options especially those that offer both detox and residential programs for a seamless transition between treatment stages

When Your Loved One Has a Problem with Drugs or Alcohol

- Educate yourself on addiction
- Address the issue, not the person
- Support them but don't enable
- Encourage them to join a family support group
- Research treatment options for your loved one

Addiction damages all facets of a person's life as well as their family. Fortunately, healing is possible. Mountainside's multi-disciplinary team of treatment professionals work together to understand your substance use history, co-occurring disorders, and overall health to develop an individualized wellness plan to help you heal holistically—mind, body, and spirit. Please call (888) 833-4676 today. Let us help you start your recovery journey.