

Supporting Someone You Care About

If you're concerned that someone you care about may be struggling with alcohol or drug use, you're not alone. Recognizing the signs and knowing how to respond can feel overwhelming, but a compassionate conversation and timely support can make a meaningful difference.

Recovery is possible, and help is available.

Could It Be Substance Use Disorder?

Every person's experience is different, but these changes may indicate it's time to check in.



Behavioral Changes

- Increased secrecy or isolation
- Loss of interest in hobbies or activities
- Mood swings or irritability
- Risk-taking behaviors



Physical Changes

- Noticeable changes in appearance or hygiene
- Changes in sleep patterns
- Weight loss or gain
- Frequent illness or fatigue



Work or School

- Declining performance
- Increased absences or tardiness
- Missed responsibilities
- Difficulty concentrating



Relationships

- Withdrawing from family or friends
- Increased conflict
- Financial concerns
- Changes in social circles

Starting the Conversation

What you say—and how you say it—can make a difference.

Do:

- Choose a calm, private time to talk.
- Lead with concern, not criticism.
- Listen more than you speak.
- Use "I" statements (e.g., "I've noticed..." or "I'm concerned...").
- Encourage professional support without forcing the conversation.

Avoid:

- Blaming or shaming
- Arguing when emotions are high
- Giving ultimatums in the heat of the moment
- Assuming you have to solve everything yourself

Conversation Starter Callout:

"I've noticed some changes lately, and I care about you. How have you been doing?"



Understanding Treatment Options

Recovery looks different for everyone. Treatment should be personalized to each individual's needs.

Assessment & Admissions

Understanding the individual's needs, goals, and treatment options.

Residential Treatment

A structured environment with evidence-based therapies and 24/7 support.

Continued Care Planning

Building a plan for ongoing support after treatment.

Long-Term Recovery

Recovery is an ongoing journey supported by healthy routines, community, and continued connection.

How You Can Support a Loved One

1

Learn

Understanding substance use disorder helps reduce stigma.

2

Encourage

Support treatment and recovery without judgment.

3

Stay Connected

Recovery takes time. Consistent support matters.

4

Celebrate Progress

Acknowledge milestones. Big and small.

5

Take Care of Yourself

Supporting someone else is easier when you're also caring for your own well-being.

Recovery Is Possible

Recovery doesn't happen overnight, and no two journeys are the same. With compassionate support, evidence-based treatment, and the right resources, individuals and families can move toward healing and hope.

Whether you're seeking information for yourself or someone you care about, taking the first step is an important one.



Scan for more information

Need Help Navigating the Next Step?

Whether you're looking for treatment, have questions about insurance, or simply want to talk through your options, our team is here to help.

Verify Insurance

Contact Our Admissions Team

515-824-5154
www.thrivenowrc.com

thrive
now RECOVERY
CENTERS