Helping Looks Like...

Helping supports the person without taking over their responsibilities.
It encourages growth, accountability, and hope.

HELPING LOOKS LIKE...	WHY IT HELPS
Driving them to detox, treatment, or a support meeting.	Supports recovery and removes barriers to getting help.
Helping them fill out job, housing, or financial assistance applications.	Encourages independence and long-term stability.
Buying groceries instead of giving cash when you're concerned about how the money might be used.	Meets a need while reducing the risk of supporting substance use.
Listening without interrupting or trying to fix everything.	Helps them feel heard while allowing them to own their decisions.
Encouraging them to seek professional or peer support.	Connects them with people trained to help.
Celebrating healthy choices, no matter how small.	Reinforces positive steps toward recovery.
Setting clear, respectful boundaries.	Creates safety and consistency for everyone involved.
Saying, "I'll help you find a solution," instead of solving the problem yourself.	Builds confidence and problem-solving skills.
Saying no with kindness when necessary.	Shows love while protecting healthy boundaries.
Taking care of your own physical and emotional health.	You cannot pour from an empty cup.

Remember...

- Supporting someone doesn't mean carrying them.
- You can offer a hand without carrying the weight.
- You can love someone without losing yourself.
- You can be compassionate without abandoning your boundaries.

"The goal isn't to rescue someone from every consequence. The goal is to walk beside them whenever they choose the path toward recovery."