

# Helping family

How to support a family member with an alcohol or other drug concern



- ▶ Be non-judgemental and avoid the 'blame game'; you don't want them to feel interrogated.
- ▶ We all appreciate equal conversations; a shared discussion about why they might be using drugs is fair.
- ▶ Find opportunities to raise awareness about the risks of drug use.
- ▶ Stick to the facts and avoid exaggerating the effects of alcohol and other drugs; scare tactics aren't helpful.
- ▶ Discuss alternatives to drug use and encourage them to explore other hobbies or interests.

*O auala e mafai ai ona e lagolagoina se uo o loo feagai ma faafitauli tau ava malosi poo fualaau faasaina:*

- ◀ Aua le fefaamasinoai ma taumafai e tuu le tusitusi lima; e le manaomia le faalogoina e lau uo ua faamasino atu ia
- ◀ E fia faamamafa talanoaga e tutusa uma ai tagata; o se talanoaga e soalaupule tutusa ai e moomia, ina ia malamalama ai i mafuaaga ua tagofia ai fualaau faasaina.
- ◀ Saifi i avanoa e faalauiloa ai aafiaga o fualaau faasaina.
- ◀ E tatau ona faamamafa faamatalaga moni ma le sa'o (facts) ae le o faamatalaga taufaasese ma le faatele e uiga i le ava malosi ma fualaau faasaina; e le aoga tala taufaafele ma le faamata'u.
- ◀ Talanoa ma faasoa i nisi mea e sui ai le faaagaina o fualaau faasaina, ma faamalosi i ai e su'e nisi mea faafiafia e aoga mo ia ma lona aiga.
- ◀ Afai e te moomia nisi faamatalaga e uiga i fualaau faasaina, ava malosi ma nisi auunaga e matou te fesoasoani atu ai, valaau mai i le Youth Solutions i le telefoni 02 4628 2319 pe asiasi foi i le matou itulau i luga o le uepage tafailagi [www.youthsolutions.com.au](http://www.youthsolutions.com.au)



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**Need more information on drugs, alcohol or services that can help you? Call Youth Solutions on 02 4628 2319 or visit [www.youthsolutions.com.au](http://www.youthsolutions.com.au) In an emergency call Triple Zero (000)**