

Do's and Don'ts of Helping an Addicted Loved One

Address the Issue

Know that ignoring the issue won't make it go away.



Don't Look Down on Them

Avoid blaming them for their addiction or looking down on them for using drugs or alcohol.

Research Treatments

The more informed you are, the more prepared you will be for when they are ready to get better.



Don't Ignore the Problem

No one ever imagines that addiction will happen to someone they know but ignoring the problem won't make it go away.

Set Boundaries

Setting boundaries does not always come easily, but these will help you draw healthy lines.



Don't Force Them to Quit

When it comes to addiction, tough love rarely work. They have to make the choice to quit.

Practice Self Care

When a loved one is struggling with drugs or alcohol, the last thing on your mind is your own wellbeing.



Don't Give Up

Remember, battling addiction is hard but not impossible and having a strong support system can make all the difference.

CONNECT WITH RESOURCES

Resources and assistance are available to all Mauser Packaging Solutions employees and members of their household through our benefit programs.*

U.S.: THE HARTFORD: Enhanced Ability Assist[®] - Employee Assistance Program (EAP)
Call toll free 1-800-327-1850 or visit www.guidanceresources.com.

Canada: Manulife – Homewood Health/Santé: Resilience[®] Employee and Family Assistance Program (EFAP)
Call toll free 1-866-644-0326 or visit www.manulife.ca.

*Resources and assistance available regardless of enrollment in healthcare benefits.