



Helping a Loved One with Substance Use Disorder

Family and friends can help a loved one who is struggling with substance use. Here are tips for those helping a loved one with a substance use disorder (SUD).¹

SUD is treatable:

People recover from substance use disorder. Hear stories from people in Pennsylvania who have been impacted by substance use at lifeunitesus.com.

Talk to your loved one:

Tell your friend or family member that you are there to help them. If there is a family history of substance use, talk to your loved one about this to help them feel less alone. Be patient with them.

Get Support:

People who want treatment for substance use or support for themselves or a loved one can call **1-800-662-HELP (4357)**. The free, private hotline is available 24 hours a day, 365 days a year, and is staffed by trained professionals. A text option is available at **717-216-0905**.

Care for Yourself:

Being a caregiver can be stressful. Take time to care for yourself by doing activities that help you relax.

Resources for You and Your Loved One

You are not alone. Help is available for both of you. Use these and other resources to navigate this journey together.²

- **Support Groups:** These groups provide virtual and in-person meetings for family and friends of individuals struggling with substance use to share experiences, learn coping strategies, and find encouragement.

Find Meetings:

- Al-Anon: al-anon.org
- Nar-Anon: nar-anon.org
- Parent Partnership: conversation.zone/partnership

- **ATLAS:** Find treatment in Pennsylvania online at treatmentatlas.org.
- **Findtreatment.gov:** Search for treatment resources nationally. Visit FindTreatment.gov/es to access the Spanish-language version.
- **Single County Authority:** Local treatment programs are administered through county drug and alcohol offices called [Single County Authorities](#) in Pennsylvania. These programs can help with treatment funding, assess the need for treatment or other services, and make referrals to match treatment and/or service needs.

Resources for You and Your Loved One *(continued)*

- **988 Suicide and Crisis Lifeline:** This free, confidential lifeline is available 24/7 by dialing 988. Visit 988lifeline.org to learn more.
- **Naloxone:** A life-saving medication to reverse opioid overdoses.
 - [Learn to Use Naloxone:](#) Free online training and certification are available from the Pennsylvania Department of Health on TRAIN PA.
 - [Mail-Order Naloxone:](#) People who live in Pennsylvania can get free naloxone by mail through a partnership with NEXT Distro, Prevention Point Pittsburgh, and Vital Strategies.
 - [Pennsylvania Overdose Prevention Program \(POPP\):](#) POPP partners with organizations across Pennsylvania to distribute naloxone and drug testing strips. Overdose Prevention Partners, or Recognized Entities, serve as a network of local access points. DDAP became the lead agency for POPP in December 2024.
 - Visit the Pennsylvania Department of Health's [website](#) for more information on naloxone, such as:
 - Naloxone product fact sheets
 - How to use naloxone resources
 - Information on over-the-counter naloxone
 - Information on how to buy and pay for naloxone
 - Pennsylvania standing order prescription for naloxone
- **Drug Take-Back Locations:** Safely dispose of unused or expired medications at designated drug take-back locations to prevent misuse.
- **PA KinConnector:** A program offering local financial, educational, and other supportive resources to full-time caregivers of children whose legal guardians are affected by substance use
- **Learn more about how to help your loved one:**
 - [Partnership to End Addiction:](#) Helping an adult family member or friend with a drug or alcohol addiction
 - [Centers for Disease Control and Prevention:](#) Understanding addiction to support recovery



¹ Mental Health coping resources for children and families. November 8, 2024. SAMHSA. <https://www.samhsa.gov/mental-health/children-and-families/coping-resources>

² Department of Drug and Alcohol Programs. (2024). Support Services. <https://www.ddap.pa.gov/Get%20Help%20Now/Pages/Support-Services.aspx>