CONVERSATIONS WITH CAREGIVERS

SUBSTANCE USE

TIPS: IMPORTANT STRATEGIES

• By staying connected with those you love, you provide a possible lifeline for those who might be struggling to get or stay sober.

• Create a safe space to talk about substance use by:
  ∙ Avoiding hurtful language
  ∙ Educating yourself on substance use
  ∙ Voicing your concerns in a non-judgemental way

TAKEAWAYS: THINGS TO REMEMBER

• It is very common for people to turn to a substance to help cope with stress and difficult emotions; however, if it is interfering with your life, that may be a sign to ask for help.

• Isolation increases the risk of taking drugs, and, if a person is already trying to cut down or quit using a drug, isolation increases the risk of relapse.

• Problem substance use does not just affect the user. Loved ones are affected as well. If someone you care about has a substance use disorder, it is normal to feel hurt, angry or frustrated.

RELATED PSYCHARMOR COURSES:

• Invisible Wounds at Home Series: Substance Use
• Coaching A Loved One Into Care

FACILITATORS:

LYNSAY TKACH, Wounded Warrior Project
WWP Independence Program Deputy Director
Mental Health Advocate
Brain Injury Specialist

JENNIFER MACKINDAY, Wounded Warrior Project
WWP Warriors Speak Spokesperson
Military Caregiver
Award-Winning Author
Dole Fellow

Military & Veteran Caregiver Resources

Wounded Warrior Project Resource Center

SAMHSA’s National Helpline:
1-800-662-HELP (4357)

Alcoholics Anonymous
Narcotics Anonymous
VA Coaching Into Care

PsychArmor Support Line:
1-844-779-2427

PSYCHARMOR.ORG

SPONSORED BY USAA