

# How to Support Someone in Recovery

If someone you care about is in recovery, you can support them with open, honest and non-judgmental conversations about their recovery experience, if they are so inclined. Respecting their boundaries – and your own – in the conversation is important. Creating a safe, non-judgmental space for conversation can make a real difference.

## Tips to remember when having the conversation:

- ➔ Listen without judgement.
- ➔ Respect their boundaries and how much they're willing to share.
- ➔ Use “substance use” instead of “substance abuse.”
- ➔ Use terms like “recovery” or “person in recovery” instead of “former addict” or “reformed addict.”
- ➔ State your commitment to being there for them.
- ➔ Be patient. It may take some time for them to feel comfortable talking about their recovery.
- ➔ If they are not open to talking with you, don't take it personally. Instead, understand that they may prefer talking with someone else and support them in that effort.
- ➔ Focus on their journey, not their diagnosis.
- ➔ Connect the individual with peer support.
- ➔ Remember that recovery is person-centered and may look different depending on the person, their situation and their personal experiences.

Sources: National Alliance on Mental Illness, National Institute on Drug Abuse