

# Dos 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<sup>®</sup> - Employee Assistance Program (EAP)  
Call toll free 1-800-96-HELPS (1-800-964-3577) or visit [www.guidanceresources.com](http://www.guidanceresources.com).

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

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