

How to help individuals impacted by Alcohol & Substance Misuse

Promote education and awareness about the risks and consequences of drug and substance abuse. By increasing knowledge and understanding, you can help reduce stigma and encourage individuals to seek help.



Approach individuals with empathy, understanding, and a non-judgmental attitude. This creates a safe and supportive environment for them to open up about their struggles and seek assistance.

Encourage individuals to seek professional help from healthcare providers, addiction specialists, or counseling services. These professionals can provide appropriate assessments, treatment options, and ongoing support tailored to the individual's needs.



Help individuals access resources available in their community, such as helplines, support groups, rehabilitation centers, and counseling services. Share information about local organizations or government initiatives that provide assistance for substance abuse.

Inform individuals about self-help groups like Alcoholics Anonymous (AA) or Narcotics Anonymous (NA). These groups offer peer support, encouragement, and a sense of community for individuals on their recovery journey.



Encourage individuals to build a strong support network of friends, family members, or mentors who can provide emotional support and accountability during their recovery process.

Promote healthy alternatives to substance abuse, such as exercise, hobbies, mindfulness practices, or engaging in activities that bring joy and fulfillment. Encouraging individuals to develop healthy coping mechanisms can help them manage stress and triggers effectively.

Recognize that substance abuse often stems from underlying issues such as trauma, mental health conditions, or social factors. Encourage individuals to seek professional help to address these root causes alongside their substance abuse treatment.



Advocate for Policy Changes:

Advocate for policies that support prevention, treatment, and harm reduction strategies. Support initiatives aimed at improving access to treatment, reducing stigma, and addressing the social determinants of substance abuse.

Set a positive example by practicing responsible substance use, if applicable, and promoting a healthy and balanced lifestyle. By demonstrating healthy behaviors and choices, you can inspire and influence others positively.

Supporting individuals with drug and substance abuse requires a compassionate and patient approach. Each person's journey is unique, and what works for one individual may not work for another.



Encourage professional help and connect individuals to appropriate resources to ensure they receive the necessary support on their path to recovery.



There are a wide range of support and resource options available at the ELPIS Foundation of Australia for those who are or may know someone affected by drug or alcohol addiction.

Reach out to ELPIS today.

Tel: (02) 9816 1859

E: info@elpisfoundation.org.au



Emergency Support Information

The ELPIS Foundation of Australia is not a crisis centre and cannot provide crisis support.

If you or someone you know needs immediate help, please call:

Emergency | 000

Alcohol and Drug Information Service (ADIS)

02 9361 8000 or free call 1800 422 599 (NSW regional and rural callers).

Lifeline Australia – 13 11 14

<https://www.lifeline.org.au>

1800 RESPECT

<https://www.1800respect.org.au>

Alcoholics Anonymous

<https://aa.org.au>

Narcotics Anonymous

<https://www.na.org.au>