

Helping a Friend with a Drinking/Drugging Problem

If you are concerned that a friend has developed a problem with alcohol or drugs, particularly if it is interfering with their daily life and academic performance, these are a few steps you may be able to take in order to help your friend.

- ✪ Encourage new experiences and involvement with new peer groups that do not involve alcohol or drugs.
- ✪ Offer resources, either on or off campus. Check with WesWell, Health Services, the Office of Behavioral Health, your class dean, a faculty member or other trusted adult for appropriate resources.
- ✪ Set limits for yourself on what you are or are not willing to do to help your friend. Avoid taking on their problems as your own.
- ✪ If you feel the need to confront your friend about their problem, seek out assistance from a counselor or therapist prior to attempting a confrontation. They will be able to assist you in making sure you have a viable plan and will be well prepared for the various potential outcomes.

Basic Steps to a Successful Confrontation

1. I Care About You...
 2. This Is What I See...
 3. This Is How What You Do Makes Me Feel...
 4. Do You Understand Where I'm Coming From?
 5. What Can We Do About This? Here's What I Think...
 6. I Will Support You If You Are Willing To Try...
- ➔ Have a plan if it goes well...Have a plan if it doesn't.
 - ➔ Remember that confrontations always work on some level.

Based on materials from the BACCHUS & GAMMA Peer Education Network
"How to Help a Friend with a Drinking Problem" issues-based training series.

WesWell, the Office of Health Education
Davison Health Center, 2nd floor ✪ 685-2466
www.wesleyan.edu/weswell/