

# WHAT CAN *you* DO ABOUT THE ADDICTION EPIDEMIC IN NEW HAMPSHIRE?

Here are 10 things you can DO about addiction.

- 1 Let the person know you are concerned and are there to talk and listen.
- 2 Try to provide information about addiction and encourage the person to get help.
- 3 Help the person problem solve and develop skills to deal with tempting situations.
- 4 Try not to argue.
- 5 Try not to judge the person, this will only distance them.
- 6 Try not to blame.
- 7 Do not be embarrassed about addiction.
- 8 Talking about addiction is the best cure!
- 9 Be Involved
- 10 Get involved in some support group!

