

HOW CAN I HELP THE PERSON

WHO IS DRUG/ALCOHOL/TOBACCO ADDICTED???

- Speak to the person and slowly convince him/her not to take drugs or any other substance which is creating this condition.
- Don't preach but let them know the side effects of taking drugs or engaging in a substance/activity.
- Support them fully to leave this addiction completely. It all depends on the will power of the person.
- Become their supporter rather than critic.
- Avoid cursing, blaming or shouting to that person.
- Avoid giving stress to him.
- Instead become a friend to them. And help them in every step.
- When the person is willing to get rid of addiction, consult your psychiatrist.