

Let's talk about your drug use...

Talking about drugs can be tricky – especially with someone you're worried about. Try these quick tips for conversation starters and words to avoid.

Ugh,
do we have to?

SAY IT!



1. Listen



2. Give context for the conversation

3. Talk about the effect on you

4. See their perspective

AVOID IT



1. Don't set ultimatums



2. Don't be aggressive

3. Don't be judgemental

4. Don't catastrophise!

For help with talking to a friend or family member about drugs, check out our booklet, 'Concerned about someone's drug use? Fast facts on how to help'.

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