



HOW TO HELP A FRIEND:

To keep yourself and others safe, we encourage you to practice bystander intervention. This involves developing the awareness, skills, and courage to step into a situation when someone needs help. This could mean stopping a friend from drinking too much or misusing substances.



Be a friend... share that you're concerned with their substance use.



Use a distraction... sometimes the best way to intervene is by distraction. Ask them to leave the party to go get a snack and hangout.



Ask for help... if you're not comfortable saying something, ask someone to go with you.



Encourage responsible behavior... take keys early so friends don't get too drunk and think they can drive home.

LEARN MORE:

Alcohol and Other Drugs Services

www.gvsu.edu/aod

(616) 331-2537

BE THAT FRIEND, BE THAT LAKER.

HOW DO I HELP SOMEONE WITH A DRINKING PROBLEM?

WHAT TO SAY - WHAT TO DO

Keep track of specific, observable behaviors that are inappropriate, unacceptable, and/or irresponsible that cause you to be concerned.

Step #1 - I care... Step #4 - Listen...
Step #2 - I see... Step #5 - I want...
Step #3 - I feel... Step #6 - I will...

STEPS TO TAKE

Talk: Talk to the person you're concerned for. Find a time when they are sober and you're both calm.

Communicate: State the issue specifically. Discuss the impact it is having on you and others. Tell them what changes you expect.

Listen: Hear their response and find out how they feel. Be polite, do not interrupt, and be fair.

Build solutions: Explore all options. What changes are you both prepared to make?

Decide actions: Specify actions to be taken. Help them to be realistic and don't encourage anything that may be hard to keep.

Put into practice: Try out what you agreed on.

Review progress: Did the agreed actions happen? Did you acknowledge them?