

Think you know someone who may be struggling with a Substance Use Disorder (SUD)?

**Ask
R U OK?**

or something like this:
"You doing alright?"

No, not really.
Dig a bit deeper:

"What's been going on?"

"How long has that
been the case?"

"You're not alone
in this."

Yeah, I'm fine.
But your gut says
that's not the truth:

"You don't seem yourself lately."

"I'm always here if
you want to chat."

"Is there someone else
you'd rather talk to?"

Listen; don't judge.

Encourage action and offer support:

"How can I help?"
"What would help take the pressure off?"
"Have you thought about seeing a professional?"

Make time to check in:

"Let's get together next week to catch up."