WORDS YOU CAN BORROW

Care can have a clear limit.

Try this when it is safe:

“I care about you. I can help you look for support tonight. I cannot make every call or manage every appointment.”

Name what you can offer without promising an outcome you cannot control. Choose a limit you can safely follow through on.

One thing I can offer:

One thing I cannot take on:

Support I need for myself:

Seeking support for yourself does not require the other person to be ready for change.

WHEN SOMEONE YOU LOVE IS STRUGGLING

Your life needs care, too.

Sharing the load. Asking for guidance. Returning to something that matters to you. Your progress belongs in the picture.

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US SUPPORT

Medical emergency or suspected overdose: call 911.

Emotional distress or suicidal crisis: call or text 988.

Family support: SAMHSA.gov/families
Relationship safety: TheHotline.org

General adult education. Not medical, legal, or crisis services. Adapt plans to your circumstances and seek qualified help when needed.

SOURCES / FURTHER READING

SAMHSA / Family support

SAMHSA / Family support groups

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Care without carrying everything.

You can offer support and keep a life of your own.



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01 / NOTICE THE TAKEOVER

What is this taking?

Maybe you are making calls, fixing plans, checking messages, and waiting for the next crisis. Look at the effect on your own life.

NAME A REAL COST

Sleep, attention, money, work, time with friends, or care for your health. What has been pushed aside?

CHECK WHAT YOU CAN CHOOSE

You can decide what help you can sustain. Another adult's choices and recovery are not completely within your control.

Something I have put aside:

One thing I want room for again:

KEEP ESSENTIAL CARE IN VIEW

Care for children, emergencies, and shared obligations still need a plan. Clarify responsibilities with appropriate support rather than dropping them suddenly.

02 / SORT THE RESPONSIBILITY

Mine. Theirs. Shared.

Sort one responsibility. Age, disability, and caregiving arrangements may change who needs to be involved.

MINE TO CHOOSE

My availability, the help I can afford, and who supports me. I can ask for advice before committing.

THEIRS TO PARTICIPATE IN

An adult's choices and participation in care. I can offer help without taking over every step.

SHARED OR FORMAL DUTIES

Children, bills, and caregiving arrangements may require a joint plan or qualified guidance. Do not guess.

A responsibility I need to clarify:

Someone who can help us clarify it:

Review the plan as needs change.

03 / RETURN ONE THING TO YOUR LIFE

Choose one workable step.

Choose a small action for your own well-being. Arrange any essential care it requires.

A REAL-LIFE EXAMPLE

"On Thursday I'll call a family support group while another agreed adult handles dinner."

One thing I want to return to:

The care or backup it needs:

A person or service I can ask:

CHECK BACK

Did the step fit? What got in the way? Would a smaller step or different support help?

What I noticed:

What I will adjust:

Your rest, connection, and support matter, too.