WORDS YOU CAN BORROW

Offer the help you can actually give.

Try this when it is safe:

“I can help with a ride on Tuesday. I cannot leave work without a plan each time. Let’s look for a backup.”

A clear offer can include what, when, and how much. You can review it when your capacity changes.

Help I can offer:

The time or amount I can sustain:

When I will review the offer:

Emergency help, food, and child safety should not be withheld to make someone face consequences.

WHEN SOMEONE YOU LOVE IS STRUGGLING

Support can include you.

A clearer offer. A shared task. Someone to talk with. Small changes can make care more sustainable.

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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 / Support groups

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Helping without losing yourself.

Choose support you can sustain.
Make room for your own needs.



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01 / LOOK AT ONE OFFER

What is this help doing?

Choose a recent offer of time, money, transport, or practical help. Describe it without calling yourself an “enabler.”

LOOK AT BOTH SIDES

What need did it meet? What did it cost you? What happened afterward? There may be more than one honest answer.

MAKE ROOM FOR CHOICE

You can choose to help and still need limits. Consider the other person’s needs and your own capacity.

The help I offered:

The effect on me and others:

KEEP SAFETY SEPARATE

Overdose response, essential child care, and immediate safety are not lessons in consequences. Use appropriate emergency or professional support.

02 / MAKE THE OFFER CLEAR

What. When. How much.

Choose terms that fit your actual resources. You do not need to promise unlimited availability.

THE HELP

Name the task: a ride, a call together, a meal, or help finding a service.

THE CAPACITY

Name the time or amount you can sustain. Keep your own essentials and shared responsibilities in view.

THE REVIEW

Agree when to check whether the offer is working. Build in other support so one person is not the whole plan.

A clear offer I could make:

Support I need to make it possible:

More than one person or service can be part of the support.

03 / CHECK WHAT HAPPENED

Keep what fits. Adjust the rest.

Review the effect of one offer. You can do this with a trusted person or professional.

A REAL-LIFE EXAMPLE

“The weekly ride worked. Last-minute pickups did not. I need a backup transport plan.”

What helped:

What became too much:

An alternative we could explore:

CHECK YOUR OWN NEEDS

What have you postponed for yourself? Choose one need you can bring into the plan.

One need of my own:

The next conversation or step:

Your well-being is part of the plan, even when the other person is still struggling.