

## Substance Use Disorder

### School for Military Veteran Caregivers and Families

#### Tips: Important Strategies

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- Remember, addiction is not a choice.
- Try to withhold judgment when a loved one discusses his or her substance use and/or recovery.
- Become educated on substance use disorders to have a better understanding of how they affect people and their loved ones.
- Voice your concerns. See the resources below for guidance on how to address a loved one's substance use.
- Avoid using hurtful language.
- Don't use substances with your partner/family member who is struggling with substance use disorder.
- Remember you cannot fix the problem alone - support your loved one by talking about treatment. See resources below for help in seeking treatment.

#### Related PsychArmor Courses

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- [Coaching a Loved One Into Care](#)

#### Personal Reflection

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- It can be difficult to acknowledge how a loved one's substance use has affected you. Spend some time thinking about how you may have been affected and how you can seek help for yourself.

#### Resources

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- [SAMHSA's National Helpline](#)  
1-800-662-HELP (4357)
- [Alcoholics Anonymous](https://www.aa.org) <https://www.aa.org>
- [Narcotics Anonymous](https://www.na.org/) <https://www.na.org/>
- [VA Coaching Into Care](https://www.mirecc.va.gov/coaching/)  
<https://www.mirecc.va.gov/coaching/>
- [Veterans Crisis Lines](https://www.veteranscrisisline.net/)  
<https://www.veteranscrisisline.net/>
- [Al-Anon](https://al-anon.org) -<https://al-anon.org>  
Al-Anon is a mutual support program for people whose lives have been affected by someone else's drinking.
- [Nar-Anon Family Groups](https://www.nar-anon.org/)  
<https://www.nar-anon.org/>  
The Nar-Anon Family Groups is primarily for those who know or have known a feeling of desperation concerning the addiction problem of someone very near to you.
- [Your Choice Prevention, Narcan Training](http://yourchoiceprevention.org/narcan-training)  
<http://yourchoiceprevention.org/narcan-training>