Ways for your parent to get help

Needing help isn’t a sign of weakness (we all need help sometimes), and your parents are people just like you. Sometimes that help is through a treatment program and sometimes recovery support services.

Find out more about treatment options in New Hampshire by visiting the NH Treatment Locator listed on the back panel or by calling the toll-free NH Statewide Addiction Crisis Line at 1.844.711.4357 (HELP).

To learn more about New Hampshire’s treatment providers and recovery community organizations, visit nhrecoveryhub.org or read the state’s resource guides at dhhs.nh.gov/dcbcs/bdas/guide.htm.

Caring adults are available to help your mom or dad get the treatment or recovery supports they need!

RESOURCES FOR YOU

Alateen
1-888-425-2666
alateen.org

The National Association for Children of Alcoholics (NACoA)
nacoa.org/kidsteens/just-4-kids/

NIDA for Teens:
www.teens.drugabuse.gov

Partnership for a Drug-Free New Hampshire
DrugFreeNH.org

RESOURCES FOR YOUR PARENT

NH Statewide Addiction Crisis Line
1.844.711.4357 (HELP).

NH Treatment Locator
nhtreatment.org

NH Recovery Hub
nhrecoveryhub.org

SAMHSA’s Helpline for Alcohol and Drug Information 1-800-662-HELP

SCHOOL-BASED HELP

It may make sense to involve other parents or professional support. Consider speaking with a New Hampshire Student Assistance Program (SAP) staff member.

SAP can talk to you about family problems resulting from alcohol and other drug misuse or refer you to others who may be able to help.

(For a list of state SAPs, visit: dhhs.nh.gov/dcbcs/bdas/sap.htm)
Take care of yourself

Even though you can’t change your parents’ drinking or drug addiction, you can take steps to make things better for yourself.

**Talk to a caring adult**

There are many adults who will listen and help you deal with problems at home, even when it seems no one has noticed. Sometimes they are not sure if you want or need support and are waiting for you to say something first.

Often a teacher, a counselor at school, a youth minister, a coach, doctor, nurse, friend’s parent or grandparent is knowledgeable and ready to help.

**Things you need to know**

Many young people live in families with alcohol or drug misuse, especially now. You are not alone.

Addiction affects all members of the family, even if only one person has the disease. This is why it’s called “a family disease.”

Nothing you have done has caused anyone else to drink too much or use drugs. Remember:

**YOU DIDN’T CAUSE IT**

**YOU CAN’T CURE IT**

**YOU CAN’T CONTROL IT**

**YOU CAN TAKE CARE OF YOURSELF**

Avoid shame

Families with alcohol or drug problems often try to keep it a secret. It’s important to find caring adults who can help you. Seeking help isn’t being disloyal to your family

If you don’t get the help you need from the first person you approach, it is important to reach out to another adult you can trust.

**Get involved in youth programs.**

Join in activities offered through your church or synagogue, your school’s extracurricular programs, or your community recreational departments. Hang out with other young people while making friends and having fun.

**Join a support group**

Many schools have assistance programs that offer support groups for students who are living with alcohol or substance misuse in their families. These programs give you the opportunity to meet other young people who are struggling with the same problems at home that you might face. Connecting with people who have gone through the same things as you are will help you understand that you are not alone.

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Are you concerned about your parents’ drinking or drug use?

Millions of young people like you worry about their parents drinking too much or using drugs. It’s a big problem that happens in every kind of family, whether rich or poor, single parent or traditional, of all faiths and nationalities.

When your parents have been drinking, do they:

- Embarrass you?
- Blame you for things you didn’t do?
- Do they break promises?
- Drive under the influence?
- Behave in confusing and unpredictable ways?

Your parent could be misusing or be addicted to alcohol or drugs and there are many programs that can help your parent get the treatment he or she needs to recover. Addiction to alcohol or drugs is a disease, and people with this disease often do things that are confusing and hurtful, but things can get better. **People do recover.**