

# **Addressing Family & Friends While A Loved One Is In Rehab**

## **Conversation Guide**

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It can be challenging to talk with friends and family about a loved one who is in rehab. Here are some tips and suggestions to help guide the conversation in a compassionate and informed way.

## **Be Honest**

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When talking to others about a loved one in rehab, it's important to be honest about the situation. You do not have to go into too many details, but sharing the basic information about their journey will help others understand how best to support you and your loved one.

## **Respect Privacy**

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It's also essential to keep in mind that your loved one's journey is private and personal. While it's okay to share some general information, be mindful not to share everything. Discuss with your loved one what they want shared and what they want kept private.

## **Set Healthy Boundaries**

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It can be beneficial to communicate with your friends and family about the boundaries you need to set during this time. Let them know what you need in terms of support and make sure that you prioritize self-care.

# Common Questions

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Expect that most people will have questions about the situation, but you do not have to answer them if you are not comfortable doing so. Remember to respect your loved one's privacy and share only information they have approved.

## Starting The Conversation

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Starting the conversation can be tough, but it's important to share the information in a compassionate and straightforward way. Here are a few examples of how you can start the conversation:

- "I wanted to talk to you about (loved one's name) because they are currently in rehab."
- "I wanted to share an update about (loved one's name). They are currently on a journey to recovery and are in rehab."

It is also beneficial to communicate how the experience has been for you and your loved one. Sharing how you feel can help others understand how they can offer support during this time.

## Responding To Common Questions

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It's important to expect and prepare for common questions from friends and family when talking about a loved one in rehab.

Here are some frequently asked questions and some structured responses:

**Q:** Why did (loved one's name) go to rehab?

**A:** (Loved one's name) is in rehab to focus on their recovery and mental health. They are taking time to address some personal challenges, and we are fully supporting them.

**Q:** Can I talk to (loved one's name) while they are in rehab?

**A:** (Loved one's name) is focusing on their recovery, and the program has specific rules and restrictions. We can work to arrange visits, phone calls, or video chats that are pre-approved by the center to stay in touch and offer support.

**Q:** Is (loved one's name) okay?

**A:** (Loved one's name) is on a journey to recovery and is doing the difficult but necessary work to achieve their goals. We can offer support by being positive and hopeful.

## **How To Support A Loved One Coping With Addiction**

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If another friend or family member is living with addiction and admits it during this time, reassure them that they are not alone and that there are resources available to support them and their loved ones through this challenging time. Encourage them to prioritize self-care, set healthy boundaries, and seek help when needed.

Here are some helpful tips to provide:

- Encourage them to seek professional help.
- Provide them with resources such as the Crisis Text Line (Text "HOME" to 741741) or SAMHSA's National Helpline (Text your five-digit ZIP Code to 43578) that can help them navigate this journey.
- Reassure them that they are not alone and that it's okay to seek help from support groups or counseling.

Remember, this is a challenging but necessary step toward recovery. Encouraging positivity, hope, and support can make all the difference during this time.

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