

Support Networks



Having a good support network is so important for someone whose loved one is experiencing addiction. It helps you feel cared for and less alone during what can be an incredibly tough time.

Emotional comfort: A safe space to share feelings and be heard without judgment.

Connection: Gentle reminders that they're not alone and others truly understand.

Strength and hope: Supportive people can offer encouragement during setbacks or hard days.

Self-care reminders: Loved ones can encourage rest, balance, and looking after their own wellbeing.

Helpful guidance: Sharing experiences, resources, and coping tips can ease the journey.

Surrounding yourself with supportive people can bring comfort, perspective, and hope—helping you stay strong while caring for someone you love.

Support Networks

This exercise will help to look at people around you who are both helpful and unhelpful. Think about the key people in your life and how they are helpful and unhelpful, and how this makes you feel.

Person	How this person is helpful	How this person is unhelpful	How I feel about this person
Nicky	She listens to me and we go for lunch regularly	She tells me that I should leave my partner	It helps to have someone to talk to but it is frustrating that she tells me what I should do