

# THE MAGIC OF



APRIL HAS BEEN WORRYING ABOUT HER DADS DRINKING RECENTLY...



SHE HAS TRIED SHOWING HIM TOUGH LOVE TO HELP HIM QUIT. SHE Poured HIS DRINK DOWN THE SINK, CONFRONTED HIM, AND STOPPED TALKING TO HIM, BUT NOTHING WOULD WORK.

SHE COULDN'T UNDERSTAND WHY, AFTER ALL THIS, HE STILL COULDN'T STOP DRINKING.

WWWOOAH! WHO ARE YOU?

I'M LU, YOU MADE A WISH, AND I'M HERE TO HELP!

YOU CAN STOP MY DAD DRINKING?

SADLY NO...



LU EXPLAINED THAT, UNFORTUNATELY, SUBSTANCE USE DISORDERS ARE DIFFICULT TO 'JUST STOP' WITHOUT THE RIGHT KIND OF CARE AND SUPPORT.

BUT IF MY DADS CHOOSING TO DRINK, CAN'T HE JUST CHOOSE TO STOP?

PEOPLE MAY CHOOSE TO USE A SUBSTANCE, BUT NOONE CHOOSES TO BECOME ADDICTED.



THE FALSE ASSUMPTION THAT AN ADDICTION IS A CHOICE MISREPRESENTS INDIVIDUALS STRUGGLING WITH SUBSTANCE USE AS LESS DESERVING OF CARE AND ALIENATES THEM FROM SYSTEMS OF SUPPORT.

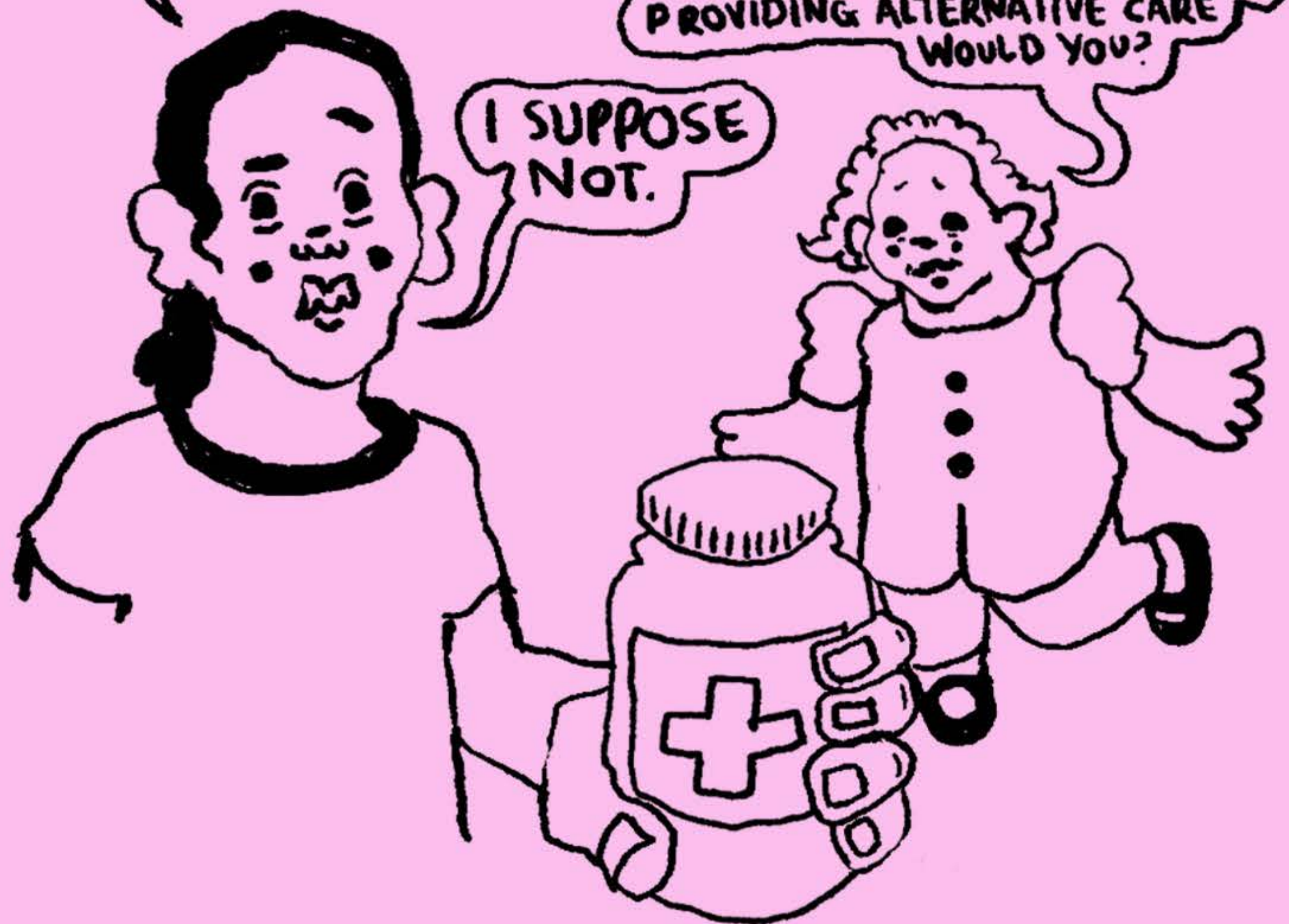
**SUBSTANCE USE DISORDERS TYPICALLY FUNCTION AS AN ADAPTIVE RESPONSE TO HUMAN SUFFERING SUCH AS GREIF; TRUAMA, STRESS, OR LACK OF CONNECTION. AND SO, REMOVING THE SUBSTANCE OFTEN DOESN'T SOLVE THE UNDERLYING ISSUE.**

OFTEN PEOPLE STRUGGLING WITH ADDICTION SEE THEIR SUBSTANCE USE AS A SOLUTION RATHER THAN THE PROBLEM.

A WEE BIT LIKE MEDICINE?

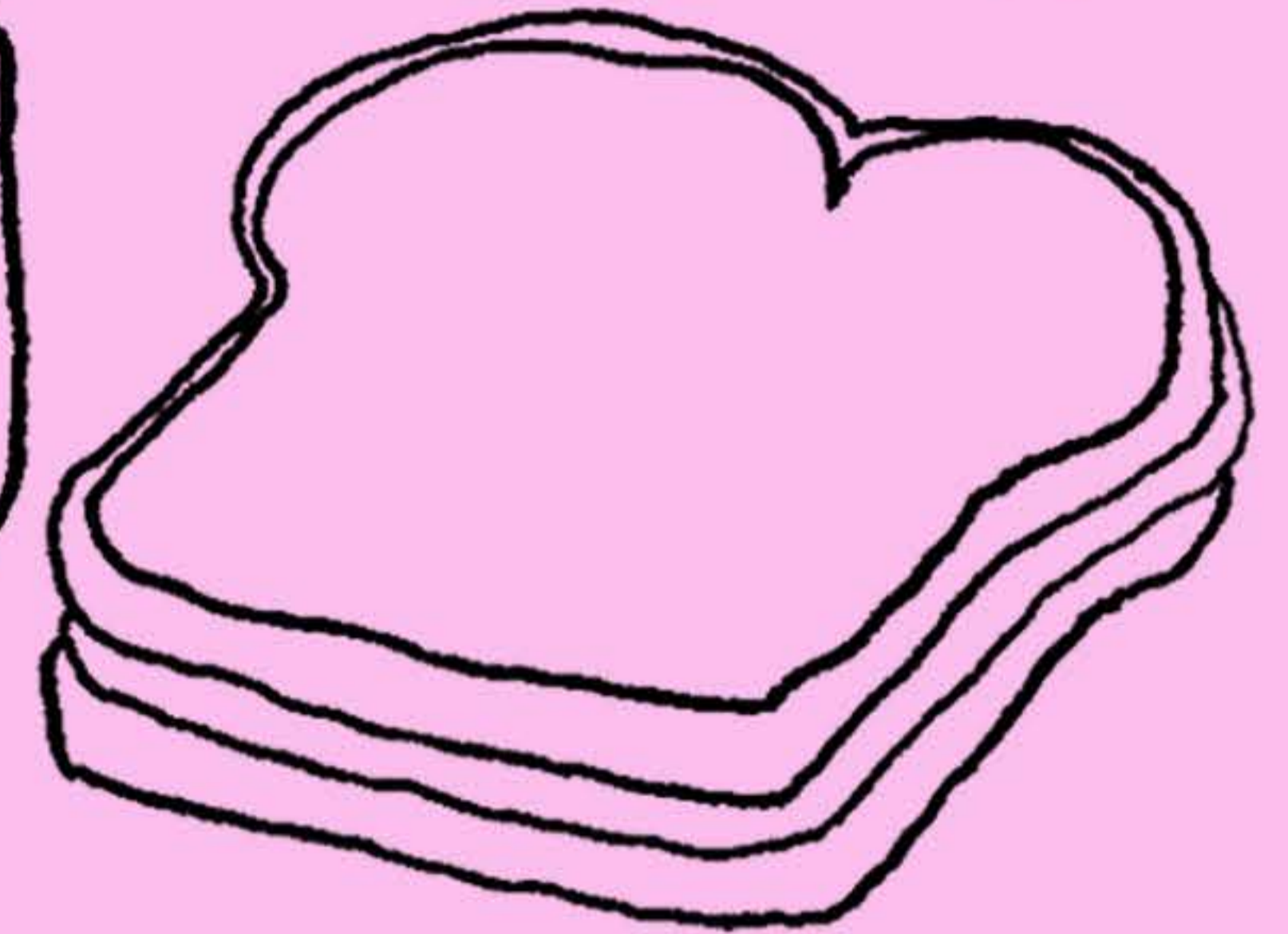
I SUPPOSE NOT.

YES EXACTLY! YOU WOULDN'T TAKE AWAY SOMEONES MEDICATION WITHOUT PROVIDING ALTERNATIVE CARE WOULD YOU?



**APPROACHES ROOTED IN PUNISHMENT AND SHAME, SUCH AS TOUGH LOVE, ONLY PUSH PEOPLE FURTHER INTO SUBSTANCE USE. INSTEAD TRY TO:**

★ MAKE SURE HE IS EATING AND DRINKING WATER

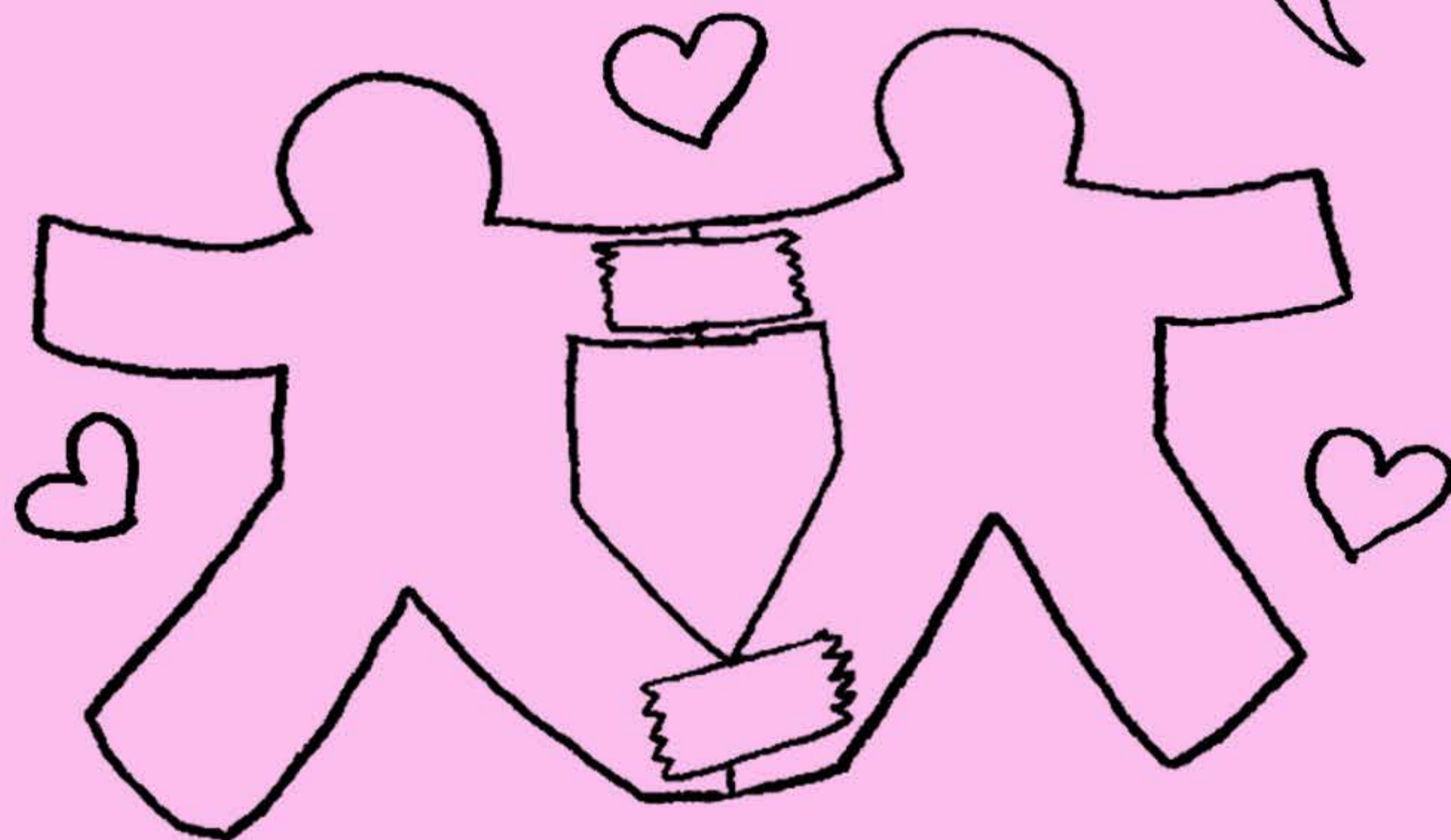


★ SHOW LOVE AND COMPASSION

★ LET HIM KNOW THAT HE, AND HIS HEALTH ARE IMPORTANT

IS THIS NOT ENABLING HIS DRINKING?

UNLESS YOU ARE OBTAINING SUBSTANCES ON HIS BEHALF YOU'RE NOT ENABLING HIS USE



LOVE AND COMPASSION ARE KEY COMPONENTS IN STARTING AND SUSTAINING RECOVERY.

**OFFERING LOVE AND COMPASSION WILL GIVE A LOVED ONE STRUGGLING WITH SUBSTANCE USE THE STRENGTH AND TOOLS THEY NEED TO LIVE A MEANINGFUL LIFE.**

**REMEMBER:**

★ CARE AND SUPPORT FACILITATE CHANGE



★ YOUR LOVE DOESN'T HAVE TO BE TOUGH, JUST LOVE IS ENOUGH.

**AND MOST IMPORTANTLY, REMEMBER THAT YOU ARE NOT ALONE. THERE ARE PEOPLE AND PLACES THAT CARE AND WOULD LOVE TO HELP YOU AND YOUR LOVED ONE:**

**NACOA:** <https://nacoa.org.uk/about-nacoa/>

**SCOTTISH FAMILIES:** <https://www.sfad.org.uk/>

**WE ARE WITH YOU:** <https://www.wearewithyou.org.uk/>

