VOICE YOUR CONCERNS HELP A FRIEND

Worried about a friend’s alcohol or drug use but don’t quite know what to say?

Strategies for Voicing Your Concerns

Express your concerns and let your friend know you care. Use “I” statements to share what you’ve observed. Be specific about what behaviors or incidents concern you. Make it clear that it is the behavior that you don’t like, and not the person.

If you talk to them after a specific incident, remember that they may not remember what happened and are likely embarrassed.

Encourage them to talk to a professional who can help. Student Health Services provides confidential care to students. Don’t give up if your friend seems resistant or angry. Let them know that you’re there for them if they want to talk.

BU Terriers look out for each other.

Don’t worry alone! If you want to talk to someone about how a friend or family member’s alcohol or drug use is affecting you, we are here for you.

Contact Student Health Services for free and confidential assistance at (617) 358-0485.

Wellness & Prevention Services SpreadTheHealthBU.com bu.edu/shs/wellness