



SELF HELP



Supporting recovery  
Reducing harm  
Rebuilding lives

# Drugs: self help guidance

**Is your drug use becoming problematic?  
Here are a few things you can do to help.**

## **Getting started**

- Be honest with yourself about how easy or difficult you find it to live without drugs.
- Make a list of pros and cons of taking/using drugs.
- Acknowledge the problems that can arise as a result of long term drug use.
- Make a resolution to cut down or stop – in manageable stages.
- Write a gratitude list (family, friends, a home, nature, etc).
- Think about what is triggering your desire to use drugs and what you can do to avoid those triggers or satisfy your needs in other ways.

# Set yourself some SMART goals

Specific Measurable Achievable Relevant Time-limited

## Think about the short and long term

- Set some short term goals, eg: exercise every day, cook yourself a meal.
- Set some long term goals, eg: a new job, a holiday.
- Reward yourself with a treat for goals achieved, eg: for one week and one month drug free.

## Make some changes

- Avoid places where drugs are available.
- Avoid meeting friends or family who use.
- Delete phone numbers of dealers and using friends.
- Be honest with friends and family.
- Look at your social network and identify who is supportive.
- Be more assertive and have an answer ready if someone offers you drugs.
- Plan your days to give yourself a structure.

- Practice mindfulness or relaxation techniques.
- Have something in place for when you usually use, eg: walk the dog, exercise (which produces natural endorphins).
- Find some new activities you enjoy.
- Save the money you would spend on drugs to buy something you'd like.
- Remember the negatives of drug taking.
- Be kind to yourself. Remember the past has gone, the future is what we make it.

## Know when to seek additional support

- SIAS is available to support you with a person-centred approach to alcohol addiction.
- You could also try attending a local support group such as Alcoholics Anonymous (AA) [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk) or Pan Fellowship [www.panfellowship.org](http://www.panfellowship.org) and connect with people who can help through shared experience.




**If you are in need of support or guidance for yourself or another, please call us on:**

**0121 301 4141**

SIAS is a partnership between Birmingham and Solihull Mental Health NHS Foundation Trust, Welcome, Aquarius, Changes UK and Urban Heard and is commissioned by Solihull Council.

We work closely together to offer easy access to appropriate support and treatment for individuals whose drug or alcohol use, or gambling has become problematic. We also offer support to their families and friends.

## Find out more

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