

# HOW DO I TALK ABOUT OPIOIDS WITH SOMEONE I CARE ABOUT?

**Here are some ways to start the conversation:**

## **Ask Open-Ended Questions**

- Ask about what is going on in their life.
- Discuss the stresses or challenges they may be facing.

## **Listen with Empathy**

- Limit how much you share and focus on listening.
- Use statements like, “That sounds difficult” or “It’s okay to feel overwhelmed.”

## **Help Brainstorm Healthy Choices**

- Avoid giving advice. Help them think of their own ideas instead.
- Ask questions like, “What do you do when stressed?” or “How can I support you?”

## **Watch Your Words**

- Say “use” or “misuse” instead of “abuse.”
- Avoid words that can judge or label a person, like “addict,” “user,” or “junkie.”

## **Make a Plan**

- Try to agree upon simple, positive actions that can be taken, no matter how small.
- Ask for permission to check in or to have future conversations.



**START THE CONVERSATION.  
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