

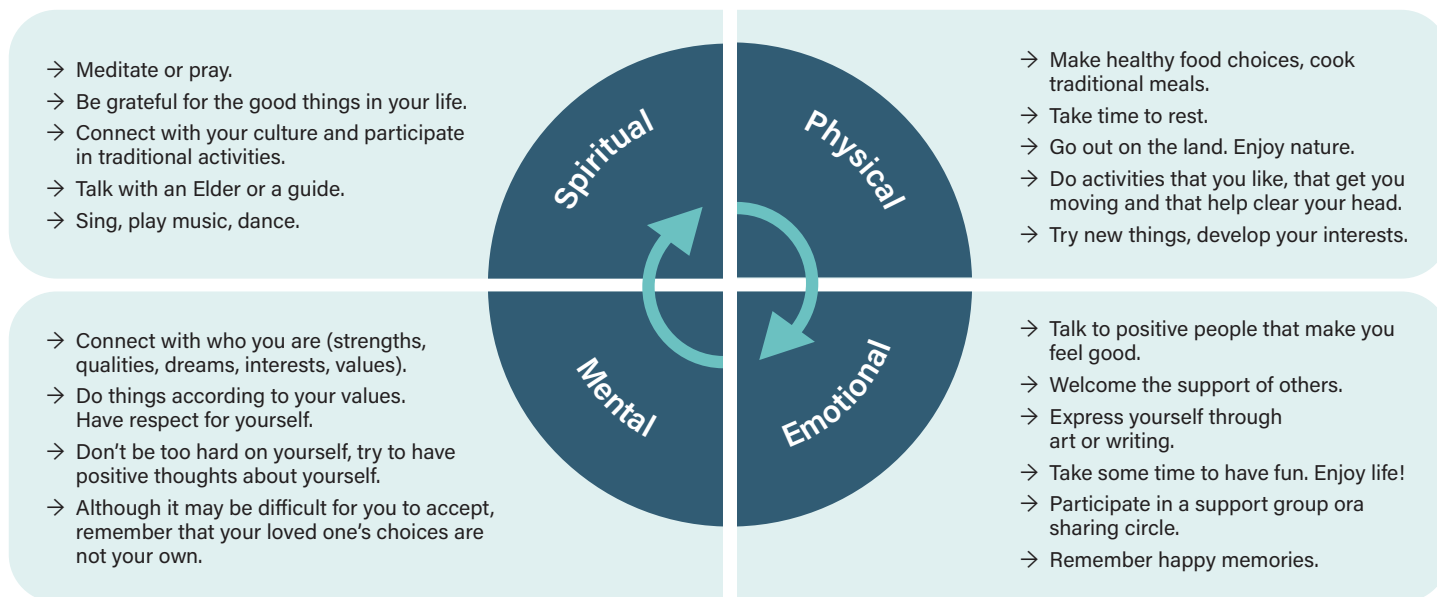
How can I set boundaries with someone who uses substances?



Self-care



Do you feel overwhelmed by your loved one's substance use? Do you feel that it's important to be there for them, but in doing so, you sometimes forget about your own needs? Despite all the love that you have for this person, it's important to take care of yourself and do things that make you feel good. Here are some suggestions to help you reclaim power over your life.



Taking care of yourself also means learning to protect yourself and set boundaries:

- 1** → Identify the behaviours of your loved one that make you feel disrespected and that you don't want to tolerate anymore (e.g., your loved one calls you during the night to ask you for money, they drink at home).
 - Set a few boundaries that you feel ready to apply (e.g., turn off your cellphone for the night, ask them to drink outside the house, don't give them money to pay their debts).
- 2** → Choose a moment when you feel ready to talk and when your loved one is available to listen to you.
 - Explain to them that while you love them and want to be there for them, you made the decision not to tolerate certain behaviours anymore.
- 3** → It is important to set boundaries and maintain them so that your loved one takes you seriously.
 - At first, your loved one may react to these boundaries because they are new. However, little by little, they will learn to know what to expect from you.
 - Be patient with yourself! Learning to set boundaries is not easy and may require several tries.

Setting boundaries means doing what is best for you and your family. This includes keeping some time for yourself. Don't hesitate to seek help when you need it!

This project is a work of co-construction involving several people from various Indigenous nations and organizations. The comic book format, the stories and the contents were chosen with the intention of supporting family and friends with compassion and empathy. Thanks to the family and friends of people experiencing addiction, to the students (Eden, Gloria, Kassandra and Marie-Pier), to the caregivers, to the First Nations of Quebec and Labrador Health and Social Services Commission, and to the Nunavik Regional Board of Health and Social Services.

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Resources

Hope for Wellness Helpline

1 855 242-3310
hopeforwellness.ca

Support group for the family and friends

of people affected by addiction
al-anon.org/al-anon-meetings

Youth Helpline

1 800 668-6868
kidshelpphone.ca

Referral line

about substance use
1 800 265-2626
aidedroque.ca/en

Health or addiction
rehabilitation center
near you