

# I'm Worried About my Substance Use...

## What Can I do to Help Myself?



**1**

If you can, remove yourself from the situation that makes you want to use.

**2**

List the things that make you feel good that you can do instead of using a substance (e.g., go for a walk, eat, shower, play with the dog)

**3**

Think about this: are there people and places in your life that you need to avoid?

**4**

Identify who the people are who support you in healthy ways.

**5**

Think about ways you can learn to calm yourself. Deep breathing, visualization, self-talk are some of the strategies for getting calm.

**6**

Can you delay using substances by making a plan? Prolong the time in between use?

**7**

What are things you can do to distract yourself from thinking about using?

**8**

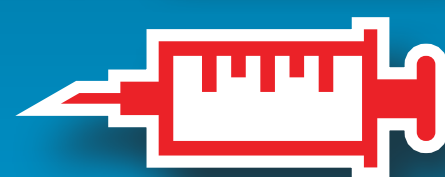
Who can you ask to help you with your plan to limit your use?

**9**

Believe in yourself and your ability to change your own behaviour.

**10**

Consider talking to a professional who can help (e.g., a doctor, a counsellor, a crisis worker).



**If you're struggling with substance use, we have the resources to help you make changes.**



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Addictions and Mental  
Health Services**  
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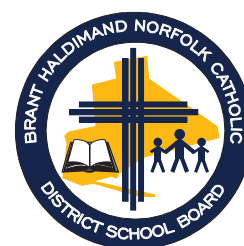
**Haldimand  
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REACH**  
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[www.hnreach.on.ca](http://www.hnreach.on.ca)



**CAMH – The Centre  
for Addiction and  
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**Six Nations  
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