



Recommended Resources for Video: Caregivers: Caring for those with Substance Abuse

Overview: When caring for a loved one with substance abuse, caregiving can be complex. Your family member may be in denial of their condition, may have resistance to seeking care, and as a caregiver, you need to stay alert for your safety and boundaries.

<https://www.caring.com/articles/20-secret-signs-of-addiction>

<http://www.helpguide.org/articles/addiction/substance-abuse-and-mental-health.htm>

<https://www.drugabuse.gov/related-topics/treatment/what-to-do-if-your-adult-friend-or-loved-one-has-problem-drugs>

<http://www.helpguide.org/articles/addiction/drug-abuse-and-addiction.htm>

<https://www.drugabuse.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition/frequently-asked-questions/where-can-family-members-go-information>

<http://thecaregiverspace.org/rule-rules-boundaries-caregiving/>

http://www.huffingtonpost.com/anne-tumlinson/lessons-for-caregivers_b_8964818.html

<http://www.al-anon.org/>

Videos: <https://www.youtube.com/watch?v=Gt3mmWIGse8>

<https://www.youtube.com/watch?v=-33JImR1Ans>

<https://www.youtube.com/watch?v=Kf1zNyKoREA>

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