



**Are you
in the
right
place to
help your
brother
or
sister?**

BroS &Sis

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To help your brother or sister you need to be in a solid position yourself, otherwise you could get drawn into the drama and problems. If your brother or sister is using drugs you have a much higher risk of ending up with your own drug or alcohol problems.

Siblings' relationships are often messy and unfriendly. To help your brother or sister you need to have a pretty good relationship.

It is most often parents who help alcohol or drug users. Sometimes users don't want help, and will get through on their own.

To see if you're ready to help your brother or sister, fill in the following checklist.

Checklist

Does your sibling seem to want help?
Is your sibling happy to talk to you (if they are older than you, they may not be keen on getting your advice)?
Do you feel calm and relaxed around

your brother or sister (can you talk to them without getting upset, anxious, or angry round them)?

Are you safe around your brother or sister?

Do you feel they could manipulate you?

Do you feel ready to help them (would it be better to look out for yourself first?)

Do you have a few people you can rely on for support (some people say you need 5 supports in your life)?

Tick all the boxes? Here's what can you do.

Make a few steps toward helping or brother or sister.

Have a read of the how to help your brother or sister and Stages of change; where is your brother or sister at factsheets. Make sure you also have a look at the how to get through this fact sheet.

Missing some ticks? Here's what can you do.

Look after yourself before you try to help them. Take a look at our 'how to get through this' and 'dealing with strong emotions' fact sheets. You might need to take on the role of 'spectator', as much as you can.

Give your parents a fact sheet:

'Your son or daughter is using drugs, what can you do?' and 'stages of change: where is your brother or sister at?' This will help give them a few ideas about how they can help your sibling and how they can help you.