

# RESOURCES

## **SAMHSA**

Substance Abuse and Mental Health Services  
<https://www.samhsa.gov>  
1-877-726-4727

## **NAMI**

National Alliance on Mental Illness  
[www.nami.org](http://www.nami.org)  
1-800-950-6264

## **NAMI KY**

<https://www.namiky.org>

## **AL-ANON**

<https://al-anon.org>  
1-888-425-2666

## **ALATEEN**

Alateen Chat Meeting  
[wso@al-anon.org](mailto:wso@al-anon.org)  
Instagram: al-anon.org  
Twitter: follow@AlAnon\_wso  
Facebook: Al-Anon WSO

## **TED TALKS**

<https://www.ted.com/talk>

## **KENTUCKY DEPARTMENT OF CORRECTIONS**

<https://corrections.ky.gov>  
1-502-564-6490

## **CENTERSTONE 24 HOUR CRISIS HOTLINE**

1-800-681-7444

## **NATIONAL HELPLINE**

1-800-662-4357

## **NATIONAL SUICIDE PREVENTION LIFELINE**

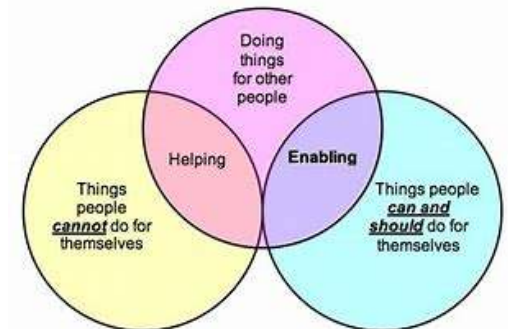
1-800-273-8255



# What is Enabling?

Enabling means that someone else will always fix, solve, or make the consequences go away.

An enabler constantly comes to the rescue, allowing the addiction to continue.



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## Enabling Addiction

- Calling the person's boss to say they're sick when actually they are absent due to drug use
- Getting them out of jail
- Making excuses for their inappropriate behavior
- Denying that a problem exists
- Lying to others to cover up the individual's actions
- Focusing elsewhere blaming others or situations rather than the person using drugs
- Providing money which will end up being used for drugs
- Rescuing someone from the consequences of their behavior
- Taking over the responsibilities for the person, paying their bills, etc

## Supporting vs Enabling

*Here are some questions to ask yourself to identify whether you are supporting or enabling.*

- Do you often ignore unacceptable behavior?
- Do you find yourself resenting the responsibilities you take on?
- Do you ever lie to cover for someone else's mistakes?
- Do you consistently put your own needs aside in order to help someone else?
- Do you ever feel fearful that not doing something will cause a blowup, make the person leave you, or even result in violence?

*If you answered YES to any of these questions, you are likely enabling your loved one as opposed to supporting them.*

## Tips to Stop Enabling Addiction and Start Enabling Recovery

- It is important to recognize that you are enabling your loved one. It is not your responsibility to solve their problems or change their behaviors.
- Encourage your loved one to seek professional help, and be prepared to support them on their road to recovery
- Set clear boundaries and STICK TO THEM. If your loved one refuses to seek treatment, stand your ground. Let them know that you will no longer participate in their addiction.
- Learn to say no. Avoid making excuses for their behavior. Avoid loaning them money. Avoid lying for them. Avoid minimizing their addiction. Instead, hold them accountable for their actions including the consequences of those actions.
- Start attending Al-Anon or Nar-anon. These meetings are 12 step fellowship programs designed for family and friends of those who are suffering from addiction.