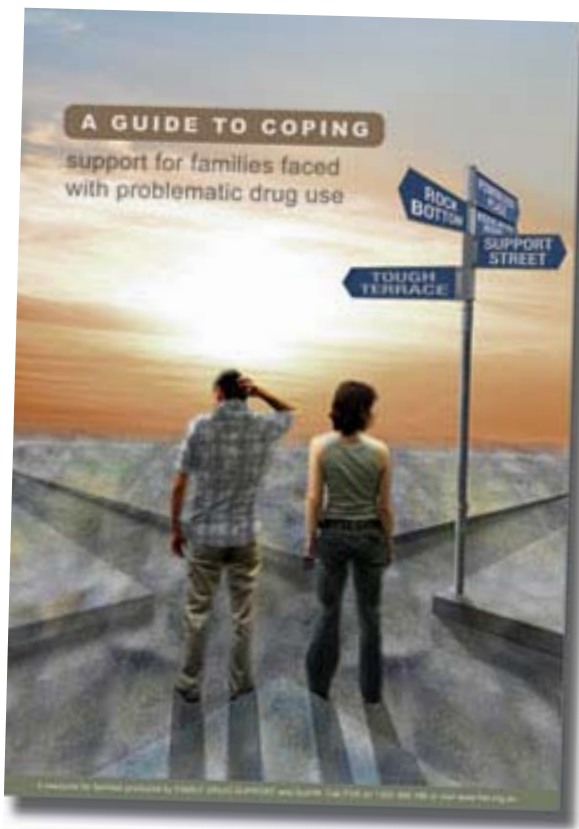


# A GUIDE TO COPING

support for families faced with problematic drug use



**A Guide to Coping is a comprehensive resource for families with practical strategies for coping with drug use.**

This 94 page resource is a collaborative effort between QuiHN and Family Drug Support, and developed in consultation with families directly affected by someone else's drug use.

A Guide to Coping is based on a demand reduction approach, with information on how families can help a user to reduce or cease their use.

It is also based on a harm reduction philosophy, and provides useful strategies for families, even when a family member does not yet plan to make any changes to their drug use, is heavily drug-dependent, and/or injecting illicit drugs.

Some of the topics covered include:

- Understanding drug use
- The reality of relapses
- Coping with a loved one in prison
- Supporting someone through detox
- Harm reduction strategies.

For more information, contact QuiHN:

- Phone 07 3620 8111
- Email [quihn@quihn.org](mailto:quihn@quihn.org)
- Website [www.quihn.org](http://www.quihn.org)

A Guide to Coping is available in the following bulk rates\* which include postage and handling:

**20 copies or less      \$5 each**

**20+ copies              \$3 each**

\* Please note that orders from outside of Queensland may attract higher postage charges. Please ring or email to discuss possible extra costs on your order.

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