You deserve to be treated with dignity and respect, no matter what. None of this is your fault. You are not alone. I believe you.

Validate and Affirm:

"Would it be helpful to talk about some safety strategies and resources?"

Introduction to or escalation of substance use
Sabotaging treatment access or recovery efforts
Using stigma to isolate, discredit, or threaten

Common Forms of Substance Use Coercion:

- Forced use or withdrawal
- Self-medication to cope
- Blaming abuse on use

When You Can Talk Privately:

"People have shared with us that their (ex-)partner pressured them to use substances, use in ways they didn't want to, or used their substance use as a way to control them. It is common to use substances to deal with physical and emotional pain. If you can relate to any of this, know that we're here to help."

Substance Use Coercion
Palm Card for Advocates

www.ncdvtmh.org
Identify local substance use resources that are DV-informed.

Offer: "Would it be helpful to talk about local resources?"

Help find answers:
- "What additional information would be helpful?"
- "Would it be helpful to safety plan around accessing resources?"

Offer to call together and accompany survivor to a first appointment.

Affirm: "It's okay to try out different types of support to find what works for you."

Tips for Active Service Connections:
- SAMHSA's National Helpline (800) 662-HELP and (800) 487-4889 (TTY)
- SAMHSA's online substance use and mental health information and resource guide: findsupport.gov
- National Harm Reduction Coalition's directory: harmreduction.org/resource-center/harm-reduction-near-you
- Faces and Voices of Recovery's mutual aid directory: facesandvoicesofrecovery.org/engage/recovery-groups
- Peer Recovery Center of Excellence's directory of recovery community organizations: peerrecoverynow.org/resource-library/rco-directory
- HRSA's Find A Healthcare Center locator: https://findahealthcenter.hrsa.gov

Connect:
- National Domestic Violence Hotline: 1 (800) 799-SAFE and 1 (800) 787-3224 (TTY)
- RAINN National Sexual Assault Hotline: 1 (800) 656-HOPE
- StrongHearts Native Helpline: 1 (844) 7 NATIVE
- Love is Respect (for teenagers): 1 (866) 331-9474 and 1 (866) 331-8453 (TTY)