

Concerned about a friend or partner's meth use?

We have support & help for you.

It can be really tough to watch a friend's quality of life change due to the use of drugs like methamphetamine.

It affects many of the people in his circle—friends, co-workers, buddies, family, boyfriend, and partner.

It can be difficult to know what is the right thing to do, or what is going to work, and what is going to help, as well as sort out the feelings.

Drawtheline.org's Buddies Program is a safe space for individuals who want to work out these challenges. We share information about meth and its effects; exchange coping strategies, ways to reduce the stress and harm for those dealing with the day-to-day consequences of crystal meth.

For more information, visit drawtheline.org/buddies or contact Buzz Bense at gaymenshealth-sf@earthlink.net



Here are some of the topics that will be discussed:

- Why people use: sexual expectations, depression, isolation, job stress, self-esteem, etc.
- Myths and misconceptions around meth use and users
- How and when to have that "difficult conversation" with the user through role playing
- How to communicate effectively
Adapting motivational interviewing techniques for the layperson
- How to set boundaries, and take care of yourself
- How to access treatment and recovery services
- How to obtain personal support
- How to create a community of on-going support for ourselves and in the larger gay community



Drawtheline.org

Please call for more information ▶▶▶ 415-355-2003