

**You're not in this
alone.**

Get practical tips for
having open, caring talks
about substance use at
RealTalksWI.org.

RealTalks
Wisconsin

It takes all of us to help prevent
and reduce substance use.

Recovery is possible.

Scan the QR code to learn about substance use recovery options near you.



WISCONSIN DEPARTMENT
of HEALTH SERVICES



Talk About Substance Use

To have real talks about substance use:

Ask open-ended questions
about their life

Use neutral words that don't
stigmatize

Listen with empathy

Problem-solve ways to make
healthy choices

Celebrate successes along
the way

Keep the conversation going

Lower the Risks of Substance Use

Offer tips on staying safer while using, like:

Carry NARCAN[®] to reverse
an opioid overdose

Check substances with
fentanyl test strips

Call the Never Use Alone
hotline at **1-800-484-3731**

Get unused equipment from
syringe services programs

Call **211** to find local treatment
and recovery options