[5. How can I help someone with a problem stop taking drugs? How can I help if they don't want help?](https://nida.nih.gov/research-topics/education/conversation-starters/10-questions-teens-ask-about-drugs-and-health)

Supporting a loved one through a struggle with substance use can be difficult for adults and teens alike. This process can be especially complicated when someone is resistant to getting help. While you may not have control over someone else's substance use, support is available to cope with how that substance use may affect you.

The Substance Abuse and Mental Health Services Administration ([SAMHSA](https://www.samhsa.gov/)) operates the National Helpline 1-800-662-HELP (4357). This is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish). SAMHSA has resources available online for [families coping with mental and substance use disorders](https://www.samhsa.gov/families) and also provides a confidential online [treatment locator](https://www.samhsa.gov/find-treatment).

If someone is experiencing an overdose, mental health crisis, or another emergency, call 9-1-1.