

My Friend Just Came Out Of A Drug Rehab. How Should I Treat Him?

by Evolve Indy | Feb 10, 2022 | Blog | 0 comments



When someone you love just came out of rehab, they need your support more than ever. They may be confused and scared about the real world again after spending time in a place where addiction is not tolerated. With this in mind, it is very important to make sure that you are there for them during their transition back into society. This post will give some tips on how to treat a friend that just came out of rehab so that they know they still have people who care about them when they get home from treatment.

#1 How To Show Your Support

The first and most important thing you can do to support your friend is to be there for them. This means being available to talk when they want to and not pushing them too hard if they don't feel like talking. It's also important to avoid judgment. Your friend has likely been through a lot while in rehab and will probably have made some mistakes along the way.

Accepting them for who they are now is key to helping them build their self-esteem back up. It's also helpful to set some boundaries with your friend. This doesn't mean you're abandoning them, but it does mean that you need to take care of yourself as well. Don't let your friend emotionally drain you or put too much stress on you; make sure to schedule time for yourself so you can recharge. Setting boundaries will also help your friend know what they can and cannot do.

#2 What Not To Do

You should also avoid doing some things when your friend comes home from [rehab](#). For example, don't bombard them with questions about their time in treatment, as they may not be ready to talk about it yet. Also, don't try to fix all their problems for them; this can make it harder for them to learn how to cope on their own. Finally, don't ignore the fact that your friend is still recovering and may need time before jumping back into regular life.

In addition, it is important not to use your friend's addiction as a scapegoat when you are having problems in your relationship. It can be very frustrating when someone close to you has an addiction, but it isn't their fault they're struggling with this issue; try not to blame them for the issues that arise between yourself and others!

#3 Keeping An Open Line Of Communication

One of the best things you can do for your friend is to keep an open line of communication. This means being willing to listen without judgment and not pushing them too hard to talk about their experiences in rehab. It also means being there for them when they need it, whether that's just to hang out or to talk about something that's bothering them.

If your friend starts exhibiting signs of relapse, don't hesitate to [reach out for help](#). There are plenty of online and offline resources, so don't be afraid to ask around for advice. The most important thing is that you support your friend during this challenging time! Also, be careful who you share information with. It's important to remember that many people in your friend's life may not understand what they're going through, and it can be not very encouraging for them if someone close to them doesn't support their decision.

Finally, let your friend know that they're welcome back anytime! If they relapse or need help later in rehab, don't hesitate to get in touch again; just because they've left treatment doesn't mean the work is done yet!

#4 Helping Them Get Back On Their Feet

Once your friend has returned home from rehab, it's important to help them get back on their feet. This may include helping them find a job or an apartment and connecting them with resources that can help. It's also important to be there for them when they need it; relapse is common after the treatment, so don't be surprised if your friend struggles at some point. Most importantly, remember that you can't do this alone! So ask around for help if you need it; there are plenty of people who want to see your friend succeed.

Rehab can be one of the most challenging things a person goes through, but with the support of friends and family, it can also be one of the most rewarding.

Submit a Comment

You must be [logged in](#) to post a comment.

 Search

Recent Posts

[Prioritizing Self-Care While Fulfilling Family and Work Demands in Addiction Rehab](#)

[Maintaining Accountability and Responsibility in Addiction Recovery](#)

[How to Conquer Challenges Unique to Women's Treatment for Substance Abuse Disorders](#)

[Providing Guidance for Family Members in Drug Rehab's Codependency Context](#)

[Rediscovering Oneself in Alcohol and Drug Rehabilitation](#)

[Emotional Resurgence: Navigating Feelings in the Rehabilitation Journey](#)

[How Professionals Can Effectively Navigate Addiction Treatment](#)

[Battling Demons: Confronting Mental Health in Alcohol and Drug Rehabilitation](#)

[Finding Hope and Healing With an Adventure Program for Addiction Treatment](#)

[8 Steps to Long Term Sobriety and A Life Beyond Rehab for Opiates](#)



Call us at: 1-855-495-1063

Evolve Indy is a Joint Commission Accredited, Premier Drug & Alcohol Treatment Facility in Indianapolis, Indiana Offering Evidence-Based Treatment for Substance Abuse.

About Us

[Media & More](#)

[Careers](#)

[Blogs](#)

Site Map

- [Home](#)
- [About](#)
- [Treatment](#)
- [Tour Facility](#)
- [Admissions](#)
- [Privacy Policy](#)



Get In Touch

Open 24 Hours a Day, 7 Days a Week

8770 Guion Rd SuiteB, Indianapolis, IN 46268



Our Facilities

[Clinical Campus](#)

[Men's Housing](#)

[Women's Housing](#)

About Us

[Media & More](#)

[Careers](#)

[Blogs](#)

What We Treat

[Alcohol](#)

[Opioids](#)

[Cocaine](#)

[Heroin](#)

Who We Help

[Men](#)

[Women](#)

[LGBTQ](#)

[Professionals](#)

[First Responders](#)

[College Students](#)

Areas We Serve

[Bloomington, IN](#)

[Jefferson, IN](#)

[Noblesville, IN](#)

[Terre Haute, IN](#)

[Layette, IN](#)

[Kokomo, IN](#)

[Evansville, IN](#)

[Cincinnati, OH](#)

[Louisville, KY](#)