



YOU'LL BE MISSED, CORY
The *Glee* cast supported and loved Cory through his toughest times.

does your friend **HAVE A DRUG PROBLEM?**

If you suspect one of your friends is seriously using, you want to do something—*anything*. The truth is she has to help herself, but there are steps you can take, too. BY LESLIE BARRIE

quit covering

You and your friend always used to have fun together, sometimes even the “not parentally approved” kind. But lately she’s been sneaking away from you too and asking you to cover. You don’t want to get her in trouble, but making excuses or lying for your friend makes it easier for her to hide the drug problem, especially from people who want to help—like you!

skip parties

No one wants to miss out on a good time, but when more and more of your friend’s fun revolves around drinking or drugs, you need to stop going out with her. Even if you’re not participating, just being around when she’s partying sends the message that what she’s doing is NBD. But if you stop hitting parties with her, it lets her know that what she’s doing isn’t okay.

stop yes-ing

She’s gotten pissy when you’ve mentioned her drug use, so you stopped—you don’t want her to push you away! Now when she says, “Everyone does drugs sometimes,” you just nod. If she thinks she’s fooling you, she can hide from her prob. The key is to take this tone: “I love you, but what you’re saying isn’t right.” It’s not aggressive but shows you don’t buy her crap.

get support

This is stressful and *you’re* going to need people to help. Lean on other friends and your parents (you’d be surprised by what a relief it is to confide in them), but avoid situations where a big group confronts your friend—unless it’s arranged by a counselor. Otherwise, she’ll feel ganged up on and may turn to others who use—which can make her addiction worse.

MAIN PHOTO: LESTER COHEN/BETTY IMAGES.

LET EXPERTS DO THE REST

If your friend is struggling with addiction, get more help by calling The Partnership at Drugfree.org toll-free helpline at 855-DRUGFREE. And participate in Above the Influence Day on October 17 by going to facebook.com/abovetheinfluence and vowing not to use.

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