How to Help A Friend with A Possible Substance Abuse Problem

Some Signs Include:
• Needing to drink/use more to feel the effects
• Risky or dangerous behavior
• Grades and/or health affected
• Trouble with law or campus officials
• Getting angry if others comment on habits
• Continuing to drink/use despite consequences

How do I know If my friend has a problem with alcohol or drugs?
• Express your concern
• Talk to them when they are sober/clean
• Be factual about what behavior you have observed
• Avoid sharing opinions; Stick to the facts!

How do I approach my friend?
• Tell someone such as a staff member or RA.
• Consult with a counselor or staff member
• Walk with friend to the Counseling Center for a confidential alcohol and drug assessment (TCC 270).
• Follow-up/Check back with your friend.

What else can I do?

Always contact Public Safety or 911 if a student has ANY of these signs of alcohol poisoning:

Being passed-out, semi-conscious, unconscious, or cannot be awakened. Cold, clammy, pale, and/or bluish skin. Breathing less than 8 times per minute; irregular breathing. Vomiting while “sleeping” or passed-out.