

# HOW TO HELP A FRIEND WITH A POSSIBLE SUBSTANCE ABUSE PROBLEM

How do I know if my friend has a problem with alcohol or drugs?

## 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 approach my friend?

- 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!

What else can I do?

- 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.

**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

