



DRUGS & ALCOHOL

Do you or someone you know have a problem with drugs or alcohol?

Lots of people have problems with drugs and alcohol.

Sometimes they can't see that they have a problem.

Drug and alcohol abuse hurts people and their families.

Signs of abuse are when someone you know:

- Wants to drink or use drugs every day.
- Feels sick if they do not have a drink or a drug.
- Misses work or school, or stands friends up a lot.
- Displays big mood swings and acts like a different person.
- Forgets things all the time.
- Has trouble eating or sleeping.

People who abuse drugs or alcohol need help.

- They are hurting themselves may be hurting others.
- They might feel sad and lonely or feel overwhelmed.

If you take drugs or drink alcohol, you risk:

- Overdose
- Dependence
- Poor health
- Accidents
- Legal problems
- Destroyed relationships
- Harming your children

There is help.

If you'd like to talk to someone, please talk to your child's doctor or nurse.

Helpful Resources

Treatment Referral Routing Service

If you want a referral to local treatment facilities or support groups call 1-800-662-HELP (4357) or visit the online treatment locator at www.samhsa.gov/treatment. This is a confidential, free, 24-hour, 365-day-a-year, information service in English and Spanish for individuals and family members facing substance abuse.

If you have no insurance or are low-income, they will refer you to:

- State-funded treatment programs
- Facilities that charge on a sliding fee scale, or accept Medicare or Medicaid.

If you have health insurance, you should contact your insurer for a list of participating health care providers and facilities.

Alcoholics Anonymous (AA) & Narcotics Anonymous (NA)

AA and NA are fellowships of men and women who share their experience, strength and hope to recover from alcoholism and drug addiction. There are no dues or fees for AA and NA membership. To find the closest AA or NA meeting visit the national websites, www.aa.org or www.na.org.

An internet search of the name of a town or region you live in and “Alcoholics Anonymous” or “Narcotics Anonymous” will often locate local meetings. Phone numbers for AA and NA are also often listed in local telephone directories.