

**Drugs and 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 they have a problem.**

**Drug and alcohol abuse hurts people and their families.**

**Signs of abuse are when someone:**

* Wants to drink or use drugs most days
* Feels sick if they do not have a drink or a drug
* Misses work or school
* Has big mood swings and acts like a different person
* Often forgets things
* Has trouble eating or sleeping

**People who abuse drugs or alcohol need help:**

* They are hurting themselves and perhaps others
* They might feel sad and lonely or overwhelmed

**If you use drugs or drink alcohol a lot, you risk:**

* Harming your children
* Relationship problems
* Overdosing
* Dependence
* Poor health
* Accidents
* Legal problems

**There is help for drug and alcohol abuse!**

**If you’d like help, please talk to your child’s doctor or nurse.**

**Helpful Resources**

**National Helpline |** *www.findtreatment.gov*

* Call **1-800-662-HELP (4357)** for 24/7, free and confidential information on treatment and recovery services - in English and Spanish - for anyone with a drug problem
* Visit the website to find treatment near you
* If you don’t have insurance or are low-income, they’ll help you find:
* Free or low-cost treatment near you
* Places that charge a sliding fee, or accept Medicare or Medicaid

**If you do have health insurance, contact your insurer to find help**

**Alcoholics Anonymous (AA) and Narcotics Anonymous (NA)**

* Fellowships of men and women who share their experience, strengths and hopes, to recover from alcoholism and drug addiction
* Free
* To find a group near you, visit **www.aa.org** or **www.na.org**

**A child posing for the camera

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