



**SEEK**<sup>TM</sup>  
Safe Environment for Every Kid

## 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](http://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](http://www.aa.org) or [www.na.org](http://www.na.org)

