



SEEKTM
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 that 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, 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 overwhelmed

If you take drugs or drink alcohol excessively, you risk:

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

There is help!

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



Helpful Resources

Treatment Referral Routing Service

For 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) and 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 membership dues or fees. To find the closest AA or NA group, 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.