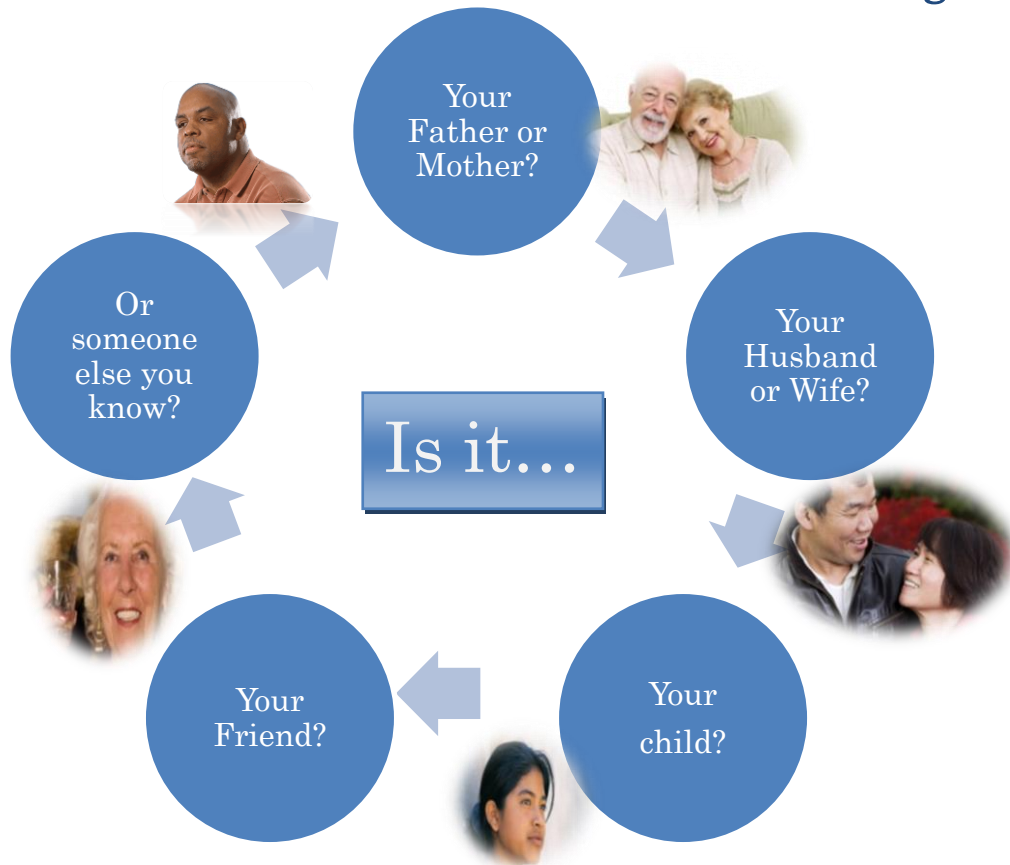


Do You Know Someone Who Has A Drinking Problem?



**You can get some answers
and
get help!**

Why do they drink?

Some people say they need a few drinks:

- ✚ To relax
- ✚ To feel brave or daring
- ✚ To escape worries about work or school, or problems at home
- ✚ To have fun at a party
- ✚ To be more popular

Have you heard any of these excuses too often? Alcohol may seem to make things better for a while, but often alcohol makes bigger problems.

How can you tell if someone has a drinking problem?

- ✚ Missing work or school
- ✚ Having hangovers
- ✚ Owing too much money
- ✚ Can't remember what happened last night.

... Any time that drinking alcohol makes these things happen:

- ✚ getting angry
- ✚ hitting
- ✚ getting arrested
- ✚ arguing
- ✚ getting hurt
- ✚ losing driver's license

What can you do?

Being around a problem drinker can be painful. You can't make a problem drinker quit drinking. You can learn better ways to deal with the problems that he or she makes for you. The first step is getting help for yourself.

- ✚ Talk to a doctor, or someone you trust.
- ✚ Go to an Al-Anon meeting: Al-Anon is for family and friends of problem drinkers – and it's free.

Find meetings listed in your local directory or on the internet.

Remember...

You are in charge of helping yourself.

That can also help others.

1. Decide if you have a problem.
2. Decide to take action
3. Call for help!

If you or someone in your life has a problem with drugs or alcohol, and is looking for help, just take the same steps. Simply call one of the numbers listed below:

The Resource Center provides non-emergency information only and does not operate a crisis line. The Resource Center maintains two toll-free statewide telephone numbers for California residents needing alcohol, tobacco, and other drug prevention and treatment information, publications, or lending services.

Location: California Department of Alcohol and Drug Programs
1700 K Street, 1st Floor, Sacramento, CA 95811-4037

Email: ResourceCenter@adp.ca.gov

Fax: 1-916-323-1270



1-800-879-2772 24 hour service
Answered by ADP staff from 8:00 a.m. – 4:30 p.m. and by voicemail after-hours.

1-800-662-4357 24 hour service
US Department of Health and Human Services (HHS)
Answered by ADP staff from 8:00 a.m. – 4:30 p.m. and by HHS after-hours.

1-916-327-3728 24 hour service
Answered by ADP staff from 8:00 a.m. – 4:30 p.m. and by voicemail after-hours.

If you need a referral to a treatment center or support group in your area call:

Marin	415-492-0818 415-755-2345	Humboldt	(707)476-4054
Mendocino	707-472-2637	Lake	(707)274-9101
Napa	707-253-4412	Lassen	(530)251-8112
Solano	707-784-2220	Modoc	(530)233-6319
Sonoma	707-565-7450	Shasta	(530)225-5200 (530)225-5252
Yolo	530-666-8659	Siskiyou	(530)841-4100 (530)918-7200
Del Norte	(707)464-4813	Trinity	(530)623-1362