

How Can I Tell if I Have a Problem with Drugs or Alcohol?*

Drug and alcohol problems can affect every one of us regardless of age, sex, race, marital status, place of residence, income level, or lifestyle.

You may have a problem with drugs or alcohol, if:

- You can't predict whether or not you will use drugs or get drunk.
- You believe that in order to have fun you need to drink and/or use drugs.
- You turn to alcohol and/or drugs after a confrontation or argument, or to relieve uncomfortable feelings.
 - You drink more or use more drugs to get the same effect that you got with smaller amounts.
 - You drink and/or use drugs alone.
- You remember how last night began, but not how it ended, so you're worried you may have a problem.
 - You have trouble at work or in school because of your drinking or drug use.
 - You make promises to yourself or others that you'll stop getting drunk or using drugs.
 - You feel alone, scared, miserable, and depressed

If you have experienced any of the above problems, take heart, help is available. More than a million Americans like you have taken charge of their lives and are living healthy and drug-free.

How Can I Get Help?

You can get help for yourself or for a friend or loved one from numerous national, State, and local organizations, treatment centers, referral centers, and hotlines throughout the country. There are various kinds of treatment services and centers. For example, some may involve outpatient counseling, while others may be 3- to 5-week-long inpatient programs.

While you or your friend or loved one may be hesitant to seek help, know that treatment programs offer organized and structured services with individual, group, and family therapy for people with alcohol and drug abuse problems. Research shows that when appropriate treatment is given, and when clients follow their prescribed program, *treatment can work*. By reducing alcohol and/or drug abuse, treatment reduces costs to society in terms of medical care, law enforcement, and crime. More importantly, treatment can help keep you and your loved ones together.

Remember, some people may go through treatment a number of times before they are in full recovery. Do not give up hope.

Each community has its own resources. Some common referral sources that are often listed in the phone book are:

Community Drug Hotlines

Local Emergency Health Clinics, or Community Treatment Services

City/Local Health Departments

Alcoholics Anonymous, Narcotics Anonymous, or Al-Anon/Alateen

Hospitals