**Warning Signs:** If you know someone who has problems related to drinking alcohol or other drug use, you’re not alone. You don’t have to be an expert to know if your friend has a problem. If he or she has these kinds of troubles related to alcohol or other drugs, your friend may need to talk with someone. Does he or she:

- Try to hide his or her drinking or other drug use?
- Not remember what happened while he or she was using drugs or drinking?
- Have problems with job or school performance?
- Take physical risks, such as having unprotected sex, driving, biking or swimming, while intoxicated?
- Think about getting high a lot?
- Limit friends to those who drink or use drugs a lot?
- Seem unable to have a good time or to party unless alcohol or drugs are available?
- Say he or she sometimes NEEDS a drink or drug?
- Get angry when you mention your concerns and deny that there’s anything wrong?
- Have a history of alcohol or other drug problems in the family?

**How You Can Help:** First, learn more about alcohol and other drug abuse. Libraries, alcohol and other drug information agencies and treatment programs are good places to get more information.

Next, find out where your friend can get help on campus or in your community. Having this information available if and when your friend needs it will pay off: most people who seek help for alcohol or drug problems get better.

Let your friend know how much you care. Explain how his or her drinking and/or other drug use affects you and your friendship. Use your own words and say what is right for you. Be honest and specific. Say exactly what makes you unhappy and how those problems relate to drinking and/or drugs.

Don’t get discouraged if your friend gets angry, refuses to listen or denies the problem. These reactions are common in people who have alcohol or other drug problems. All you can do is say how you feel, show that you care and suggest ways to get help. Feel okay if you do that. Only your friend can make the final decision to get help.