Worried about a friend's alcohol or drug use?
Not sure what to do?
We can help.

**Signs and Symptoms**
- Blackouts or memory loss
- Loss of Control
- Neglecting other activities
- Risk taking
- Relationship issues
- Secrecy
- Changing appearance
- Continued use despite negative consequences

**Support and Encourage**
- Talk to your friend when they are sober.
- Use specific statements. “When you use, it makes me feel…” “I am worried about you because…”
- Encourage your friend to consult with a professional to talk about their drug use.
- You can offer to find out more about the resources or go with them to an appointment.

**Contact us**
- Health Promotion & Prevention 617-627-5495
- TUPD (also counselor on call) 617-627-3030
- Health Service 617-627-3350
- Counseling & Mental Health Service 617-627-3360
- University Chaplaincy 617-627-3427