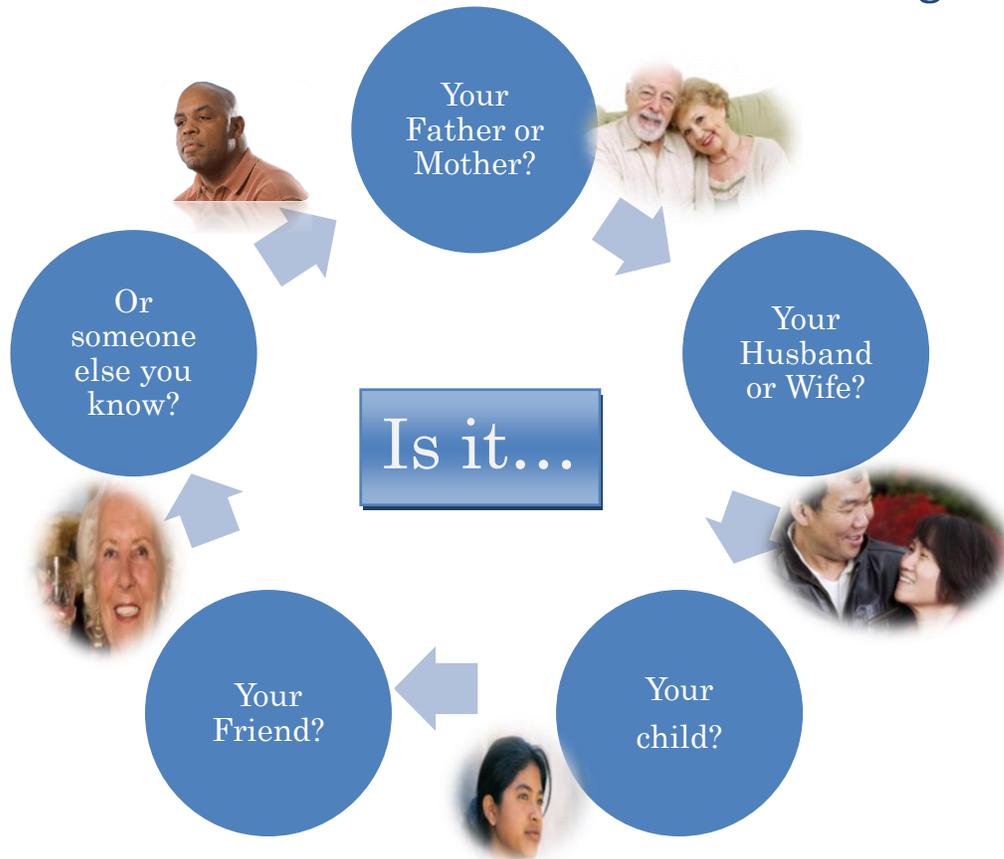


# Do You Know Someone Who Has A Drinking Problem?



**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](mailto: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