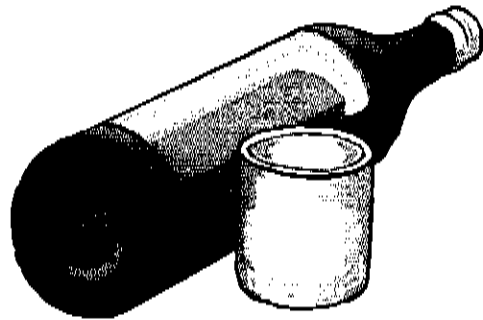


# Alcohol and Drugs

## *Making Better Decisions about Drinking and Drug Use*

The college years are a time when we're faced with numerous choices about drinking and drug use. In movies such as "Animal House" and "Old School," the popular media presents an impression that college is a four-year party filled with excessive drinking and drug use. However, the reality is that most college students do not drink to excess or use illicit drugs. Some real life consequences of excessive drinking and drug use include:

- Flunking courses
- Being kicked out of Residence Halls
- Relationship problems and losing friends
- Developing a long-term addiction
- Wasting money
- Putting yourself in dangerous situations
- Sexual assault
- Feeling badly about yourself
- Deteriorating health
- Psychological problems



## How Do I Know If I Have a Problem?

Some signs that you may have a problem with drugs and/or alcohol include:

- Making excuses for using drugs or alcohol
- Using substances to cope with emotional pain or stress
- Denying use or trying to hide use
- Needing to use more substances to get the same effect
- Experiencing blackouts or gaps in memory
- Not being able to relax without using
- Having problems at work or school due to use
- Feeling guilty about your use
- Avoiding friends and family because of use
- Feeling physically bad after stopping use (irritability, shakiness, nausea, etc.)
- Legal or financial problems because of use



## How Do I Get Help?

Because society tends to view a drug or alcohol problem as a sign of weakness, people often feel compelled to hide the problem or even deny that they have one. Recognizing and accepting a drug or alcohol problem is a giant step toward recovery. The next step is getting help because becoming and staying sober is too hard to do on your own. In addition to the services available at CWC, a number of other treatment resources are available and are listed at the end of this pamphlet.



## Drinking Responsibly

The best choice in college to prevent problems associated with drinking is not to drink at all. However, if you choose to drink, be responsible by:

- Limit your consumption and set a maximum limit
- Drink slowly
- Alternate alcoholic and nonalcoholic drinks
- Never drink on an empty stomach
- Do not mix different types of drinks
- Do not leave your drink out of your sight or take drinks from strangers
- Designate a sober driver before you start drinking
- Know your limits
- Decide in advance how much you plan to drink and stick to that amount
- Avoid salty foods that make you more thirsty
- Avoid shots, drinking games and chugging contests

### Other Resources:

Alcoholics Anonymous (212) 647-1680

[www.nyintergroup.org](http://www.nyintergroup.org)

Cocaine Anonymous (212) 262-2463

[www.ca-ny.org](http://www.ca-ny.org)

Narcotics Anonymous (212) 929-6262

[www.newyorkna.net](http://www.newyorkna.net)

### Substance Abuse Treatment Centers:

New York State Psychiatric Institute

(212) 923-3031

The Addiction Institute of New York

(212) 523-6491 [www.addictioninstituteny.org](http://www.addictioninstituteny.org)