



SELF ASSESSMENT

DO YOU THINK YOU MIGHT HAVE A PROBLEM WITH DRUGS OR ALCOHOL? TAKE THE TEST.

- Do you often black out and forget what happened when drinking?
- Do you drink or use alone?
- Do you think about drinking or using often during the day?
- Is your use making your home life unhappy? (Are parents or significant others starting to give you a hard time?)
- Do you continue to drink or use when others have stopped?
- Has your school or job performance suffered because of your drinking or drug use?
- Do you miss school or work because of drinking or drug use?
- Are you taking a friend's prescription?
- Are your 30-day prescriptions out before 30 days?
- Do you crave alcohol or a specific drug?
- Has your tolerance increased? Do you have to drink more or do more drugs to reach the desired effect?
- Do you drink or use because of emotional strain and stress?
- Do you lie to your doctor or others about how much you drink or use?
- Have you ever been hospitalized because of drinking or drug use? Have you ever had alcohol poisoning?
- Have you ever tried to stop or control your drinking or using? Were you unable to?
- Do you feel guilty or ashamed because of your drinking or drug use?
- Do you think you might have a drinking or drug problem?

If you answered yes to two or more of these questions, you may want to consider talking to someone about recovery. For additional advice or help, call Sober Living America's Helpline: 1-877-430-0086



ONE IN 12 LOSE CONTROL WHEN THEY DRINK OR TAKE PILLS

WHO IS AFFECTED?

One in 12 people have an allergic (or a different) reaction when they drink or take pills, causing them to lose control. Once having lost control, they find it difficult to stop and their problems pile up on them. 24 million people suffer from addiction. Each person that struggles with addiction has a personal impact on their family, friends, school or work environment, and communities as a whole- nearly 288 million individuals. Almost every person in our society is affected by addiction one way or another.

WHAT DOES ADDICTION LOOK LIKE?

Many people believe addiction means that you drink or use drugs every day. That is NOT TRUE. Many sufferers maintain grades, jobs, and families. What matters is what happens to you when you do drink. Do you have trouble controlling your alcohol, pill, or drug use? Do you think you have a problem? Only you can answer that.

ARE YOU READY FOR HELP?

If you think that you might be one in 12, there are many things you can do to get help right away. Consider visiting a local AA or NA meeting- here, you can learn more about addiction and be given information on the 12 Step Program. You can also explore local treatment options and sober living facilities. Reach out to the friend who gave this brochure to you- they are here to help, and want to see you get better. For immediate help or information on recovery, call Sober Living America's Helpline at 1-877-430-0086.

Sober Living America

To learn more, visit www.SoberLivingAmerica.org, or call (877) 430-0086

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FRIEND GUIDE

Does Your Friend Need Help?



Do you think your friend or loved one might be One in 12? If so, they need your love, compassion, and support now more than ever.

Often, we don't recognize our friends' behavior as that of an addict right away. But over time, you may recognize that they are demonstrating signs that they need help. Ask yourself these questions:

TAKE THE FRIEND TEST

1. Is your friend always (or often) drunk or high?
2. Does your friend always recommend activities that involve drinking or using drugs?
3. Do they black out, embarrass themselves, or lose control when drinking or using drugs often?
4. Has the frequency or amount of drugs they use increased over the years?
5. Do they occasionally try to give up using or drinking - or switch from hard liquor to beer?
6. Do they call you late at night, but don't remember the conversation the next day?
7. Are you often worried about your friends drinking or drug habits?

If you said yes to one or several of these, it may be time to approach your friend about getting help. It can be hard to approach a friend about addiction - you might be afraid of their reaction, or fear losing their friendship. However, friends can often help where parents and spouses cannot. Keep reading to learn tips and suggestions for how to approach your friend.



FRIEND GUIDE

How To Talk To Your Friend

FRIEND QUICK TIPS

1. **Avoid Judgement:** Be kind, caring, and compassionate.
2. **Come Prepared:** Bring written material and information on local resources.
3. **Be Supportive:** This is a very difficult time for them, they need you now more than ever.
4. **Respect Their Decision:** They might not be ready for help right away. That is ok, be there for them when they are ready.
5. **Be a Friend:** No matter what happens.

WHEN TO TALK TO THEM

Talk to them the morning after something bad has happened or they have done something they are embarrassing. This is the time they are most likely to be open to talk to you about their drinking/drug use.

WHAT TO SAY TO THEM

Remember, be a friend. Do not lecture, do not preach. Tell your friend "Recently I learned that one in 12 people lose control when they drink or take pills. I am not saying you are one of them, but I know things have been tough for you lately. I love you and I care about you".

HOW TO SAY IT

Hand them the literature, and leave. If the person is ready to talk to you about their drinking/drug use, come prepared with information on local AA/NA meetings and be prepared to help them find a recovery resource right away.

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