

# Do I, or does my friend have a drug problem?

Does your friend seem like a different person when she drinks or gets high?

Has she been letting you down lately and you think it's connected to drug use?

This can be a difficult situation to deal with, and sometimes it gets worse before it gets better. Don't make excuses. Talk to them.

## Do I, or does my friend have any of these signs?

- Gets drunk or high on a regular basis.
- Drinks or uses drugs when he/she is alone.
- Shows up at school drunk or high or has skipped class to use.
- Needs drugs or alcohol to have a good time or cope with everyday life.
- Plans for drug use in advance.
- Starts hanging out with new friends who'll do drugs with him/her or score for him/her.
- Lies about drug use.
- Pressures others to use drugs.
- Has broken plans with you or showed up late because they were drunk or high.
- Shows little interest in, or quits, sports or activities he/she once enjoyed.
- Has driven a car while drunk or high.
- Borrows or steals money to buy drugs or alcohol.

### **If you or your friend has one or more of the above signs:**

Drug use is causing problems (which is the bottomline if it's considered addiction or not!) Get professional help:

- ❖ Our school counselors or our drug and alcohol counselor phone #: \_\_\_\_\_
- ❖ **Resource in our town:** \_\_\_\_\_
- ❖ Resource in our state: \_\_\_\_\_
- ❖ National Narcotics Anonymous: <https://www.na.org>
- ❖ National Alcoholics Anonymous: [http://www.aa.org/pages/en\\_US/find-local-aa](http://www.aa.org/pages/en_US/find-local-aa)
- ❖ **National Institute on Drug Abuse:** <http://www.nida.nih.gov/> Get more facts about the science behind drugs and addiction.