



# STUDENT COUNSELING SERVICES

UNIVERSITY OF ALABAMA AT BIRMINGHAM

I'm worried about my friend's drinking or substance use...

What do I do?

1. As **calmly and kindly** as possible, tell your friend what **you** have **seen, heard, and experienced** in his or her behavior that causes you to be concerned. Use "I statements" and avoid judgmental/subjective language (e.g. good vs. bad, "a lot" vs. "a little") as much as possible. For example: *"The last two times we went out I noticed you were stumbling and slurring your words by the end of the night, and I had to make sure you got home safely. I care about you and your health and safety, and this makes me concerned about your drinking."*
2. Offer to help your friend get professional help. The first step in helping someone in a situation of possible substance abuse (alcohol is a 'substance' too!) is to get a **professional assessment** of the situation.
3. If the friend is a UAB student, help *them* call **Student Counseling Services at 205-934-5816**. If they are not a student, you may have them contact the **Addiction Recovery Program at UAB Hospital (205-975-7350)** OR **Beacon Addiction Treatment Center (205-917-3733 ext. 103)**. Request an appointment for **a substance use assessment**. They have to call for themselves. You can offer to be present when they call or walk them over to the Student Health and Wellness Center.
4. Have your friend complete a **free, confidential, anonymous online self-assessment, print it and bring it** with them to the appointment at Counseling Services (or other clinic):

Marijuana:

<http://interwork.sdsu.edu/echeckup/usa/mj/coll/uab> (The link IS case sensitive.)

Alcohol:

<http://interwork.sdsu.edu/echeckup/usa/alc/coll/uab> (The link IS case sensitive.)

5. Tell your friend again that you care about them and won't judge them. Keep checking on them as you can, but know that you can't help them if they are not willing to accept help. **Take care of yourself too!**