

Are you concerned about a friend's drinking patterns, or your own use of alcohol?

Seek advice on [what to do when someone else's drinking is concerning you](#).

If you are drinking too much, you can improve your life and health by cutting down. [How do you know if you drink too much?](#)

Things to Consider When Hosting A Party

Having fun (while staying safe):

- Make sure there are nonalcoholic beverages and non-salty food available. Let the main attraction of the party be something other than alcohol.
- Provide non-drinking games, like karaoke!
- Be aware of what is happening at your party.
 - Discourage excessive use of alcohol, such as competitive drinking games.
 - Intervene if you see guests hurting themselves or others.
- If you notice someone getting drunk and losing control, stop serving them alcohol. Offer a nonalcoholic beverage and food to divert attention from drinking.

When The Party's (almost) Over:

- Do not combine drinking with driving.
- Encourage the use of designated drivers (those who have not consumed alcohol).
- Intervene if you see someone intoxicated who wants to drive home. Take the keys away and offer an alternative way home (cab, bus, ride with a friend or have the person sleep over).

It's Illegal to serve alcohol to anyone under the age of 21:

- Hosts can be held responsible for injuries that an intoxicated person causes or incurs at or after leaving the party.
- Hosts can be liable for damage to surrounding properties.
- Keep in mind that theft is also a common problem and occurs more often than you think.
- The state of California holds event hosts who serve alcohol liable for injuries caused by intoxicated individuals who consumed alcoholic beverages in a home, office or other establishment.

Marijuana, Cocaine, & Other Drug Resources

Marijuana Facts

Click [here](#) to learn facts about the social, psychological, and biological effects of using marijuana and how to help yourself or a friend.

Cocaine Facts

Click [here](#) to learn facts about cocaine use among college students, social and health risks of cocaine abuse, and treatment.

Find An Addiction Treatment Center Near You

[View nearby addiction treatment centers now.](#)

[View all rehab centers near you.](#)

[Alcohol and your College Experience:](#) Phoenix House provides information about college students' alcohol use, a survey for determining your level of alcohol use, and tips for cutting down or avoiding drinking.

Smart Recovery

Click [here](#) to link to SMART (Self-Management And Recovery Training). SMART helps people recover from all types of addictive behaviors, including: alcoholism, drug abuse, substance abuse, drug addiction, alcohol abuse, gambling addiction, cocaine addiction, and addiction to other substances and activities.

Gambling Resources

Some students gamble for fun as a way to relieve every day stress and do so in a responsible manner. But for others, gambling can become an unhealthy habit that destroys their personal relationships, disrupts their daily lives and interrupts their educational goals. Gambling is on the rise nationally, and student gambling is becoming a concern on campuses across the country.

Problem Gambling

Problem gambling is any gambling behavior which causes disruptions in any major area of life: psychological, physical, social, educational or vocational. Problem gamblers are categorized by a progressive addiction displaying an increasing preoccupation with gambling, a need to bet more money more frequently, restlessness or irritability when attempting to stop, "chasing" losses, and an overall loss of control manifested by continuation of the gambling behavior in spite of mounting negative consequences. Below are links for further information on excessive/problem gambling to help yourself or someone you care about. On campus, the University Counseling and Psychological Services department can be a valuable resource for students with various types of excessive behavior (alcohol, drugs, gambling).

Identifying Friends Who Gamble Excessively:

During your college experience you may recognize friends who engage in excessive gambling and notice specific changes in their behavior. Those who gamble excessively may begin to show the following signs:

- Unexplained absences from school or classes
- Sudden drop in grades
- Change of personality
- Possession of a large amount of money
- Bragging about winnings
- An unusual interest in newspapers, magazines or periodicals having to do with horse racing
- An intense interest in gambling conversations
- Exaggerated display of money and/or material possessions
- Visible changes in behavior (e.g. mood changes, behavior problems, etc.)
- Increased use of gambling language, including the word "bet" in conversation

The following list offers some strategies on how to help friends who gamble excessively.

- Verify that the person may have a gambling problem with a mutual friend or relative
- Tell the person that you care about him or her
- Tell the person what he or she has done that has raised your concern and how you feel
- Be willing to listen to what the person has to say
- Tell the person what you'd like to see him or her do including:
 - setting limits on gambling
 - talking to another trusted person
 - getting professional help
- Tell the person what you are willing to do; this may include:
 - being available to talk again
 - assisting in finding help

- Do not enable by lending money or helping to get gambling resources

Links To Helpful Gambling Information

[Gambling Change “Toolkit”](#)

A self-administered online assessment provides resources to help guide a person's efforts to changing personal gambling habits.

[Gamblers Anonymous International](#)

A group of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem.

Links To Other Addiction Information

[The Center for Internet Addiction Recovery](#)

[Addiction Treatment](#)

[Addictionblog.org](#)

[You Can Quit Smoking](#) (CDC)

[Quitting Tips](#) (CDC)

[Complete Guide to Quitting](#) (American Cancer Society)