

# DOES YOUR FRIEND HAVE A DRINKING PROBLEM?

Did you know that 68 percent of young people said they would turn to a friend or brother/sister about a serious problem related to substance abuse? This means that when you **talk**, your friends will listen - even if you use alcohol yourself. Don't underestimate your own power to influence your friend and explain to him/her how you see alcohol use getting out of hand. If you really think your friend needs help, you have a responsibility to them - and your friendship.

## Does my friend ever. . .

become verbally or physically abusive while drinking?

forget or deny what happened during a drinking episode?

refuse to discuss alcohol use?

break promises to control or stop drinking?

choose friends who are heavy drinkers?

deny a problem because he only drinks beer?

have mood or behavior changes while drinking?

avoid social functions where alcohol will not be served?

drive while intoxicated or have a DWI on her record?

express remorse about his drinking?

hide alcohol or drink more than others?

have financial difficulties related to drinking?

drink to relieve depression/stress?

chug or gulp your drinks?

drive a car after drinking?

drink more than in the past?

become intoxicated and forget what you did or how you got home?

go to parties planning to get drunk?

wake up sick from drinking?

throw a party for the sole purpose of drinking alcohol?

encourage others to drink?

serve alcohol to others already intoxicated?

deny that there is a drinking problem because he only drinks beer?

avoid social functions where alcohol will not be available?

feel guilty about drinking too much or too often?

spend a lot of time talking, planning, or thinking about drinking?

drink quickly at first to catch a buzz?

often want to continue drinking when her friends have had enough?

get in trouble with the law, school, or his family because of drinking?

## Do I . . .

lie about or cover up my friend's drinking?

feel afraid to be around my friend when he is drinking?

feel embarrassed by my friend's behavior?

make excuses for my friend's drinking behavior?

### Signs of Alcohol Poisoning:

Unconscious or semi-conscious

Cold, clammy, pale or bluish skin

Slow or irregular breathing

Vomiting while "sleeping" or passed out

### What to do:

Get help – call Security or 911

Do not leave the person alone

Turn person on his/her side to avoid choking

# DRINKING HABITS

Below is a general listing of drinking habits of social and problem drinkers and alcoholics. It is not necessary for a person to have every habit to fit into a category, and your friend may have some habits that are not listed. However, this list can give you an idea of whether your friend has a problem.

## A social drinker typically:

Drinks slowly (no fast gulping)

Knows when to stop drinking (does not drink to get drunk)

Eats before or while drinking

Never drives after drinking

Respects non-drinkers

Knows and obeys laws related to drinking

## A problem drinker typically:

Drinks to get drunk

Tries to solve problems by drinking

Experiences personality changes – may become Loud, angry, or violent OR silent or reclusive

Drinks when he or she should not – before driving, going to class or work

Causes other problems – harms himself, family, friends, or strangers

## An Alcoholic:

Spends lots of time thinking about drinking and planning where and when he will drink next

Keeps bottles stored for quick pick-me-ups

Starts drinking without conscious planning and loses awareness of the amount consumed

Denies drinking

Needs to drink before facing a stressful situation

May have “blackouts” – cannot remember what she did while drinking although she may have appeared “normal” to people at the time

Goes from having hangovers to more dangerous withdrawal symptoms, such as delirium tremens (DTs) which can be fatal

Has or causes major problems – with the police, an employer, family, or friends

## Resources

MSU Student Health Services (507) 389-6276  
Health Education (507) 389-5689  
[www.mnsu.edu/shs](http://www.mnsu.edu/shs)

MSU Counseling Center (507) 389-1455  
[www.mnsu.edu/counseling](http://www.mnsu.edu/counseling)

Kato Party 411 [www.katoparty411.com](http://www.katoparty411.com)

Immanuel St. Josephs – Mayo Health System Family Recovery Program (507) 345-2650  
Alcoholics Anonymous (507) 387-2772

[www.mankatoaa.com](http://www.mankatoaa.com)

Alanon Family Group (507) 387-2772  
Addictions Recovery Technologies (507) 345-4670  
Addiction and Assessment Center (507) 345-4153  
House of Hope (507) 625-4373  
Blue Earth County Social Services (507) 389-7879  
Crisis Line (800) 477-0466

In an emergency, always call Campus Security at (507) 389-2111 or 911