



Moorpark College Student Health Center

IF A FRIEND DRINKS TOO MUCH

TALKING TIPS

If you notice a repetitive pattern, it is best to choose a time to talk with your friend when neither of you have been drinking.

Be objective.

Try to share specific and clear concerns. Avoid vague examples.

Use "I" Statements.

Avoid saying "you." Rather, try wording your concerns with statements like "I am afraid that you will..." or "I am disappointed that this has impacted our relationship."

Avoid preaching or judging.

The goal is not to place blame or judge their actions. And, advice is not always the best course of action.

Be understanding.

Do not expect instant results. You also may not know everything they are dealing with, so be flexible and understanding of various reactions.

They may not want your help immediately.

THE MC STUDENT HEALTH CENTER CAN HELP!

CONTACT US!

We have a full clinical staff and mental health team available to help.

 805-378-1413

 Admin Bldg Rm 111



In the event of an emergency or concern for alcohol poisoning, call 911

 mc_studenthealthcenter

Moorpark College does not discriminate on the basis of race, color, national origin, sex, disability, age or sexual orientation.

IS IT REALLY A PROBLEM?



MAKE A PLAN TO DRINK SAFER

If you or a friend is going to drink, there are some things that can help one drink safer.

01. Do they drink heavily most weekends or nights?
02. Do they get into arguments when they drink too much or act in ways that are out of character?
03. Have they been in danger (physical or mental) because of their drinking?
04. Has their drinking interfered with grades, a job, or other responsibilities?
05. Have they put others in danger, like driving under the influence, or acting erratically?
06. Is their health suffering because of their drinking?

Any of the above signs may indicate that your friend needs help.



01. Plan your ride ahead of time. Select a DD, have a ride share ready, or plan another safe way to get home.
02. If you want a "buzz" without getting too drunk, try to keep the blood alcohol content (BAC) around .05% or .06%. Here are some tips on how to do that.
 - Eat before.
 - Drink one glass of water between each drink.
 - Know the amount of alcohol in each drink.
 - Snack on food as you drink.
 - Do not combine alcohol with other drugs or substances. Also, consult your health care provider regarding alcohol and any medications or over-the-counter medications you may be on.
 - Avoid shots, drinking games, or "pre-gaming."
 - Space out the timing of your drinks. The body can process about 1 drink an hour. Drinking too much too fast can tip the body past a desired level.

HOW TO PREPARE

Learn More

Find out more about drinking and alcohol use. Consider contacting the MC student health center with questions.

Find Resources

Have resources ready for your friend/partner if they want them. Or, consider offering them support in finding resources. The MC Student Health Center has mental health counseling and medical services available free for students.

Take Care of Yourself

Know your limits, and have your own support system. It is okay to re-evaluate your involvement if you get overwhelmed.



Step-Up

If someone seems to have an alcohol use problem, it is important to address it, especially if it can put them or someone else in harm. If you do not feel you are the right person to say something, find someone who can. It may just save a life.