Helping a Friend with a Drinking Problem

Signs of a problem drinker include:

- •Drinking to get drunk
- Experiencing personality changes while drinking
 - Drinking alone
 - •Drinking to escape worries or problems
- Missing class or work due to drinking or a hangover
 - •Not remembering the previous night
 - Unsuccessful attempts to cut down
 - Driving under the influence
 - Avoiding discussions about drinking habits

If you think a friend may have a drinking problem, show your concern by talking to your friend. When having a conversation with your friend:

- Ask if they consider their drinking a problem.
- Avoid lecturing or verbally attacking your friend
- •Let them know potential dangers they may face, such as sexual assault, academic problems, or physical illness
- •Let them know exactly which behavior concerns you and make it clear that you dislike the behavior, not the person
 - Tell them how their drinking effects you
 - •Be an attentive listener
 - Have a conversation in private and when you are both sober
- •Let them know you would be happy to find them a counselor and go with them
 - Ask what kind of support you can provide