

# How to Get Help

If you know someone has issues with continued substance use, seek professional help. A doctor can screen for signs of drug use and related health conditions and suggest possible next steps. Other more immediate resources include:

## 988 Florida Suicide & Crisis Lifeline

Call, text, or chat 988 to be connected to trained counselors who will listen, provide support, and connect you to additional resources if necessary.

[MYFLFAMILIES.COM/SUICIDEPREVENTION](https://myflfamilies.com/suicideprevention)

## CORE Network

A long-term substance use disorder recovery program designed to establish a coordinated system of care for those seeking treatment for substance use disorder.

[FLCORENETWORK.COM](https://flcorenetwork.com)

## ISave Florida

Drug overdose is a nationwide epidemic and an increasing number of Floridians are losing their lives to overdose - you can help save a life with naloxone.

[ISAVEFL.COM](https://isavefl.com)

## Local Services

If you or someone you know is in need of substance abuse and/or mental health services, our local managing entities can help you locate available programs.

[MYFLFAMILIES.COM/SAMH-GET-HELP](https://myflfamilies.com/samh-get-help)

If your friend has passed out or is not responding after using drugs, [call 911 immediately.](#)

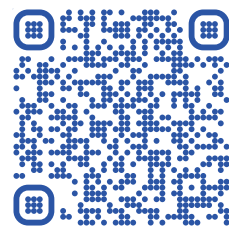
### Know the signs of an overdose:

- Very sleepy
- Small pupils
- Changes in the appearance of their skin
- Trouble breathing
- Nausea and vomiting
- Increased heart rate
- Chest pains
- Headache
- Dizziness
- Seizure
- Aggressive behavior
- Increased anxiety & depression
- Paranoid thoughts

**The Facts. Your Future.** is a multifaceted initiative led by Florida's First Lady Casey DeSantis to heighten youth understanding of the dangerous and life-altering effects of substance use.

Get more facts about **Alcohol**

[TheFactsYourFuture.org](https://TheFactsYourFuture.org)



# ALCOHOL

## Get the facts about drugs

TYPE : Depressant

# THE FACTS. YOUR FUTURE.

## Alcohol Facts

### WHAT IT LOOKS LIKE

Alcoholic beverages are most often identified by their strong odors. This smell can be easily covered up, making it more difficult to identify.

### DANGERS OF ALCOHOL

Alcohol negatively affects brain development. This can result in a variety of consequences, such as memory problems, increased irritability, health issues, poor academic performance, an increased risk of injury, and an increased risk of engaging in risky behaviors such as violent or delinquent behaviors and unsafe sex. It can also damage the liver, stomach, and heart, cause weight gain, and impair the body's ability to heal from injuries or illness

### DRINKING & DRIVING

Drinking and driving don't mix. Don't ever drive after drinking. Don't get in the car with someone who has been drinking, and do not let a friend drive after drinking.

- One person dies every 45 minutes in drunk-driving crashes.
- Those who begin drinking in their youth are seven times more likely to be in an alcohol-related crash.
- Alcohol-impaired driving traffic deaths are up by 14%, killing 11,654 people in 2020.
- One in four fatal crashes involves an underage impaired driver. Car crashes are a leading cause of death for teens.

**COMMON NAMES:** Booze, juice, liquid courage

One in four fatal crashes involves an **underage impaired driver**.



People who start drinking before age 15 are **7 times more likely** to develop alcohol disorders as adults.

### HOW TO HELP A FRIEND

It's likely someone you know has considered using drugs or is using. Talking to them could save their life. This isn't a one-size fits all conversation, but here are some tips that may help you get started:

#### Before You Talk

➤ **DO SOME HOMEWORK.** Take a few minutes to learn about the effects of drug and alcohol use.

➤ **RIGHT TIME, RIGHT PLACE.** Make sure you have enough time to talk. Choose a place where you both feel comfortable and without a lot of distractions.

➤ **WRITE IT OUT.** Having conversations like this can be hard. Taking a few minutes ahead of time to think through and even write out what you're going to say can make a huge difference.

#### Starting the Conversation

➤ **KEEP IT SIMPLE.** Make it a conversation, not a lecture.

*"You've got a lot going on right now and I want you to know I'm here for you."*

➤ **REALLY LISTEN.** Really listening means trying to understand what your friend is going through so you can better support them.

*"You've been going through a lot lately. And it sounds like the only way you've been able to deal with all the pressure you're under has been using. Did I get that right?"*

➤ **OFFER SUPPORT.** Let your friend know you're there for them. Ask them what they think they should do and what help they might be open to.

*"Should we talk to your parent or someone else you trust? I know that might seem scary, but I can go with you, if it helps."*

It's always a good idea to reach out to a parent, guardian, teacher, or other trusted adult if you have more questions or need to talk.



Even occasional alcohol use can affect your **brain development**.



**THE FACTS.  
YOUR FUTURE.**