

# Alcohol Use and Abuse

## Need Help Now?

Here you will find resources about what to do when concerns arise for yourself or someone else regarding alcohol misuse or abuse.

### If you or someone you know is:

- under the influence of alcohol and or drugs and are concerned about safety
- displaying any of the following systems of alcohol poisoning after alcohol consumption:
  - Vomiting
  - Mental Confusion
  - Passed out and cannot be aroused
  - Seizures
  - Irregular or slow breathing
  - Hypothermia, bluish skin, paleness

If the person is **UNCONSCIOUS**, breathing slow or vomiting uncontrollably **CALL 911 IMMEDIATELY**. Do not leave the unconscious person alone.

If the person is **CONSCIOUS** call 1-800-222-1222 (Poison Control Center).

### If you or someone you know is:

- failing to fulfill responsibilities to school, work and relationships
- unable to remember what happened while drinking
- unable to quit/control the amount of drinking
- increasing the amount of drinking to get the same effect
- continuing to drink even though it harms relationships
- experiencing changes in personality, mood, hygiene, routine or social connections
- drinking before risky situations
- having withdrawal symptoms such as nausea, sweating, shakiness and anxiety
- spending a lot of time drinking and recovering from drinking
- constantly feeling guilty after drinking
- continuing to drink with health problems caused/made worse by alcohol
- showing physical signs of alcohol dependence such as weight loss, upset stomach or redness of the nose and cheeks

Call the Fond du Lac Crisis Line at (920) 929-3535

Find help through Fond du Lac County Resources at [http://www.csifdl.org/alcohol\\_and\\_drugabuse.html](http://www.csifdl.org/alcohol_and_drugabuse.html).

Ask your family doctor if he/she has experience treating alcohol abuse or if they can refer you to someone who does