

Checking in with Yourself:

Reflect and ask yourself

- In the last year, have you ever drunk or used drugs more than you meant to?
- Have you felt you wanted or needed to cut down on your drinking or drug use in the last year?

Get nonjudgemental individual or group support

Social Services at University Health Services

Social Services offers confidential and non-judgmental counseling, support groups and consultation about your own use or that of a friend or family member. Call (510)642-6074 to learn more.

Recovery at Cal

Recovery at Cal is UC Berkeley's collegiate recovery program (CRP). CRP offers on-campus recovery meetings and nonclinical support. To learn more, call (510) 561-8075 or visit csi.berkeley.edu/crp.

Learn more: uhs.berkeley.edu/aod
& csi.berkeley.edu/crp



PARTYSAFE@Cal
HAVE FUN. MANAGE RISKS. REDUCE HARM.