INTERVENTION TIPS
FOR ALCOHOL AND OTHER DRUGS

When someone you know is struggling with alcohol or other drug (AOD) use, it can be a challenge to know what to do. Fortunately, you’re not alone. Here are a few ideas to help.

1. State your concern.
   - Talk privately, when they’re available and not under the influence.
   - Explain how their drinking or drug use concerns and affects you. Be prepared to describe particular examples of why you’re concerned - limit yourself to facts about the use and the negative impacts on you or others.
   - Avoid being judgmental or using stigmatizing language (e.g. problem, addict, alcoholic)
   - People will have a range of responses,
   - Don’t argue or try to convince them.
   - If someone does not make changes, or is not receptive to your concerns, it is still worth it to have “planted seeds for change.”

2. Be mindful of your actions in relation to their use.
   1) Set boundaries; take care of yourself; get the support that you need to maintain your own well-being; you don’t have to be the “fixer”.
   2) Refuse to use with someone whose use concerns you; think of other activities to do with them.
   3) If someone can’t remember what they did the night before, it is important not to joke about it; let them know that this is scary or concerning.

3. Don’t try and fix their situation for them.
   1) Don’t protect them from negative consequences of their drinking or drug use (e.g. covering up or making excuses for them, bringing them notes from missed classes)
   2) Let them clean up their own mess the next day; however, if you are concerned about their health or safety, get medical attention immediately by calling 911 (landline), UCPD at (510) 642-3333 (cell phone), or BPD at (510) 981-5911 (cell phone).

Resources

Social Services (University Health 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 or visit uhs.berkeley.edu/socialservices.

Collegiate Recovery Program (CRP) at Cal provides on-campus recovery meetings and non-clinical support. The program welcomes all students who are: 1) in recovery or seeking recovery, 2) sober curious, 3) struggling with substance use, or 4) anywhere in between. Call (510) 561-8075 or visit csi.berkeley.edu/crp.

Remember: Intervention is a true act of love and care. Don’t let small problems become big.

Learn more at:
uhs.berkeley.edu/aodemergencyinterventions
uhs.berkeley.edu/livingsubstancefree