



# Are you worried about a friend's drinking?

## It's OK to be concerned.

When does drinking for fun turn into problem drinking? It's not always easy to see when drinking has crossed the line from moderate or social use to problem drinking. Ask for help—it can be hard talking to your friend about your concerns for their drinking habits.

Being a friend or partner of a person whose drinking bothers you can be difficult and negatively affect your relationship.

Helping a friend means more than keeping them safe when they are intoxicated. Have the conversation the next day about what needs to stop.

### Ask yourself these questions:

- Do I worry about how much my friend drinks?
- Am I embarrassed or hurt by my friend's behavior after they drink?
- Do I make excuses for this behavior to our friends or others?
- Am I afraid to upset my friend?
- Has the personal safety of myself, partner, or other friends been threatened when they drink?
- Does my friend's night of drinking negatively impact my night out?

If you have answered **YES** to any of these questions, keep reading.

### Tips for talking with your friend:

- Be clear that you care.
- Stick to the facts.
- What is the problem: the amount of drinks or nights out? how often others have to take care of them?
- Ask for help. These can be really hard conversations to have with your friends.
- Connect with campus resources. Contact the Office of the Dean of Students for support and guidance at (336) 278-7200.

### CAMPUS RESOURCES

#### Elon Counseling Services

(336) 278-7280

#### Student Care & Outreach

(336) 278-7200

#### Student Wellness Programs

(336) 278-5013



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