

## When to seek help for a friend

There are two kinds of intervention. One is less formal, though it will nevertheless take a strong commitment on your part. If you have a friend

### Step 1

Get sound advice. Go to a school counselor, a campus nurse, or someone else you trust. If you bring your friend's predicament to a third party, it will help you figure out how to proceed.

### Step 2

\* He or she tells you that he or she needs help, and you find out the reason with a drunk person. The time will never feel like you have a better chance of being heard.

### Step 3

Drum up your willpower. Realize that this is no going to be easy. Before you speak to your friend, find out about A.A. meetings or other substance abuse counseling meetings. All recovering addicts need the support of people who love them in order to successfully battle their problem. If you decide you want to work through it with him or her, you might consider attending a support group such as Al-Anon to work through your own feelings as you help your friend through the recovery process.

### Step 4

Keep it personal. Begin the conversation with your friend by letting him or her know your own feelings about the situation - and so on. You should also be aware of the negative effects of alcohol on the person, including alcohol-related health

