

HELPING A STUDENT WHO YOU FEEL MAY HAVE A PROBLEM

- There are a number of behaviors that might indicate harmful involvement with alcohol or other drugs, such as:
 - missing or arriving late to classes
 - the smell of alcohol on the breath
 - decreased attention and concentration span
 - lower academic performance
 - personality changes
 - drinking too much, too often
 - anti-social behavior
 - decreased concern about grooming and appearance
 - financial, legal, social problems
 - depressed
 - preoccupation with drinking
 - friends/family voice a concern
 - risky sexual behavior

These may indicate alcohol or other drug problems, but they may also be indicators of other issues that a student may be facing. It is important not to assume.

- If you are concerned about a student, you can choose to talk with him/her without “diagnosing” behavior. Choose a place and time that is private and will provide an opportunity for conversation. Let the student know why you are concerned. Show that you care. Make him/her aware of the possible consequences of behaviors. Ask if there is any way you can help.
- Inform the student of on-campus resources and encourage him/her to talk with someone.
- If you have any questions about alcohol and other drug programs and services or how to help a student you are concerned about, please feel free to contact one of the following campus resources:

CAMPUS RESOURCES

Office of Health Education & Promotion, Health Services, 862-3823, provides individual counseling/support, assessment, referral, consultation for friends, parents and staff/faculty, and resource library.

<http://www.unh.edu/health-services/alcohol.htm>:

information on services provided, access to articles and information, self-assessment, list of local 12 step programs.

<http://www.unh.edu/reality-check/>: this web page has information on campus' effort to address high-risk use of alcohol, policies, resources, articles, data and information.

<http://www.unhmub.com/afterhours/>: list of non-alcohol night and weekend activities on campus

UNH Counseling Center, Schofield House, 862-2090, provides counseling/support, referral for students, consultation for parents, staff and faculty.

<http://www.unhcc.unh.edu/>