

HELP A FRIEND



HOW TO HELP?

If a friend confides in you that they have a drug problem or if you suspect a friend has a drug problem, it is important to get help right away. Gather reliable and factual information on the substances that your friend may be using. Encourage them to get help from a trusted adult or medical professional. Their health and future could be at stake.

WHERE TO GET INFORMATION?

Gather information from reliable websites. These websites should be focused on teen prevention of substance abuse.

Visit websites like:

- <http://www.teenlinkhawaii.org>
- <http://hawaii.methproject.org/Meth-Info/index.php>
- <http://teens.drugabuse.gov/>
- <http://www.thecoolspot.gov/>

WHO TO ASK FOR HELP?

Any Adult you trust:

- Parent
- Older siblings
- Legal Guardian
- Doctor
- Aunt/uncle
- Counselor
- Coach
- Friend's parent
- Teacher
- Pastor

