

## IMPORTANT CAMPUS RESOURCES

### FRESNO PACIFIC MAIN CAMPUS

Department of Campus Safety: **559-453-2298**

Student Life: **559-453-2073**

Residence Life: **559-453-8005**

### CONFIDENTIAL COUNSELING

On-Site Counseling Center Referral Line:  
**559-453-8050**

Campus Nurse Health Center: **559-453-2097**

Campus Pastor Office of Spiritual Formation:  
**559-453-3669**

Student Assistance Program  
[fpu.edu/student-life/student-services/student-assistance-program](http://fpu.edu/student-life/student-services/student-assistance-program)

## IMPORTANT COMMUNITY RESOURCES

National Institute on Alcohol Abuse  
and Alcoholism

[collegedrinkingprevention.gov](http://collegedrinkingprevention.gov)

National Drug Abuse Hotline  
**1-800-622-HELP (1-800-622-4357)**

Alcohol and Other Drugs  
[nda.nih.gov](http://nda.nih.gov)

Treatment Referral Helpline  
[findtreatment.samhsa.gov](http://findtreatment.samhsa.gov)

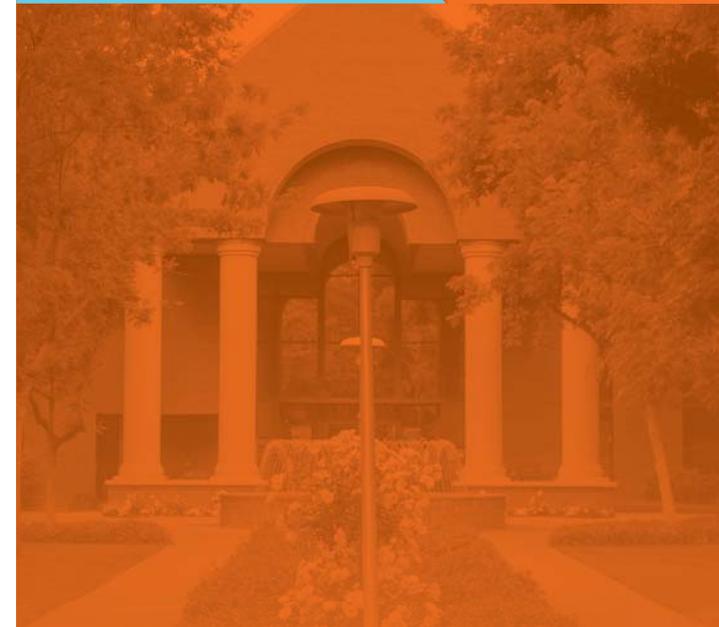
Drugs and Drug Abuse  
[drugabuse.gov](http://drugabuse.gov)

Drug and Alcohol Education Links  
[www.tcadr.org/resources/links.html](http://www.tcadr.org/resources/links.html)

Student Services Health  
[fpu.edu/health-services](http://fpu.edu/health-services)

- In 2015, 10,265 people died in drunk driving crashes—one every 51 minutes—and 290,000 were injured (National Highway Traffic Safety Administration, 2015).
- Some 1,825 college students between the ages of 18 and 24 die from alcohol-related unintentional injuries, including motor-vehicle crashes each year.\*
- Almost 60 percent of college students ages 18-22 drank alcohol in the past month, and almost two out of three of those engaged in binge drinking.\*
- About one in four college students report academic consequences from drinking, including missing class, falling behind in class, doing poorly on assignments and receiving lower grades overall.\*

\*(National Institute on Alcohol Abuse and Alcoholism, 2015).



# PROTECT YOUR

# HEALTH

**BINGE DRINKING.  
ALCOHOL POISONING.  
ALCOHOL, DRUGS AND DRIVING.  
DRUG ABUSE.  
PRESCRIPTION DRUG ABUSE.**



## BINGE DRINKING AND ALCOHOL POISONING

- Binge drinking is drinking too much, too fast.
- Alcohol affects men and women differently. Women can suffer from alcohol poisoning faster than men.
- You can't always tell how strong a drink is by its taste.
- Too much alcohol in the bloodstream can cause a person to lose consciousness, go into a coma or die.
- Drinking games, dares and bets can lead to a deadly dose of alcohol.
- Many college students said they have fallen behind in their school work or gotten poor grades due to drinking.
- Every year almost 600,000 young people are injured while under the influence of alcohol.
- Many students say they can't remember what they did while they were drinking.
- Alcohol poisoning happens when someone overdoses on alcohol. It is a medical emergency.
- If you see any of the signs of alcohol poisoning, get help immediately – call 911.
- Don't worry about the drinker being upset or embarrassed because you sought medical help. Be safe – not sorry.
- Even after a person's last drink, his or her blood alcohol level keeps rising.
- Alcohol slows your gag reflex (which prevents choking). Someone who has passed out can choke to death on his or her own vomit.
- Remember that it is illegal for people under 21 to buy or possess alcohol.

## ALCOHOL, DRUGS AND DRIVING

- Driving while using any substances that affects your ability to think and react is called impaired driving. Driving can be impaired by alcohol, illegal drugs and even some prescription and over-the-counter medicine.
- Drug and alcohol combinations increase impairment.
- Driving while impaired puts your life and the lives of others at risk.
- Coffee and cold showers do not reduce blood alcohol content. Time is the only way to get sober.
- If you have taken drugs or had a drink – DO NOT DRIVE!
- Don't get into a car if the driver has been drinking or taking drugs.
- Detailed effects:
  - **Alcohol, sedatives and painkillers cause you to:** React too slowly, see double or blurred images, not judge distances accurately.
  - **Stimulant drugs such as cocaine and amphetamines (speed) can cause you to:** Drive aggressively, have blurred or limited vision, fall asleep at the wheel when the drug wears off.
  - **Marijuana affects your ability to:** React to hazards; judge time, speed and distance; concentrate on driving.
  - **LSD, heroin, ecstasy, mescaline or psilocybin mushrooms may:** Make you see things that are not there and make it hard to concentrate.
  - **Over the counter cold, cough or allergy medicines and even some herbal medicines may:** Make you sleepy, distort vision and reduce coordination, react with other drugs or alcohol to make their effects stronger.

## PRESCRIPTION AND OVER-THE-COUNTER DRUG ABUSE

- Taking too many painkillers, such as OxyContin and Vicodin, can slow down or even stop your breathing.
- When you stop taking painkillers, your body goes through diarrhea, vomiting and feeling very achy, cold or restless.
- Steroids, used to treat growth problems and diseases that cause people to lose muscle mass, can increase your risk of heart attack and stroke and may cause liver cancer.
- Abusing steroids is illegal and can lead to fines or jail. If you are caught using steroids, you can be banned from playing sports.
- Stimulants, used to treat attention deficit hyperactivity disorder and depression, can cause an irregular heartbeat and raise the body's temperature. These drugs can be very addictive.
- Diet pills are stimulants. Both OTC and prescription diet pills can cause an irregular heartbeat and seizures.
- Stimulants with a lot of caffeine can cause anxiety and rapid or irregular heart rates.
- Sedatives are drugs prescribed for anxiety, stress or sleep problems. People who abuse sedatives for a long time may suffer withdrawal or seizures when they stop.
- Over-the-counter medications that contain the drug dextromethorphan (DXM) can lead to addiction.
- People who abuse cough medicine (DXM) may feel paranoid, dizzy and sick to their stomach. DXM can cause irregular heartbeats, blackout, seizures, brain damage and death.
- Mixing OTC or prescription drugs with alcohol can cause nausea, vomiting, headaches, fainting and loss of coordination. It may put you at risk for internal bleeding, heart problems and breathing problems.
- Mixing alcohol with energy drinks can cause heart rhythm problems.
- Decongestant abuse may cause anxiety, nausea, dizziness, sleep problems and heart problems.
- Laxative abuse can cause dehydration and an irregular heartbeat. It can lead to heart attack, kidney problems and death.