



Alcohol and Drugs

At Alameda Alliance for Health (Alliance), we are here to help you take charge of your health. You can use this guide to learn about substance use and support resources.



Drugs, which include alcohol, are substances that can change how your body and mind work. Drinking too much or using drugs in a way other than a doctor has prescribed can be harmful to your body and the people around you.

MISUSED DRUGS INCLUDE:

- Marijuana
- Nicotine in cigarettes, e-cigarettes, and chewing tobacco
- Pain or anxiety medicines
- Sleep or cough medicines
- Street or club drugs, such as cocaine, heroin, and methamphetamine (meth)

ALCOHOL MISUSE IS WHEN:

- You are under 21 years of age or legal drinking age.
- You are pregnant.
- You have too many drinks at one time, also called binge drinking. This is around five (5) or more drinks for men or four (4) or more drinks for women within about two (2) hours.
- You have too many drinks in one week, also called heavy drinking. This is around 15 drinks or more for men or eight (8) drinks or more for women per week.

SUBSTANCE USE DISORDER, ADDICTION, AND OVERDOSE

Not everyone who uses drugs or drinks too much has an addiction. **Substance use disorder** (also called substance abuse) is repeated use of drugs despite the harm and problems that they are causing. **Addiction** is when the disorder is severe. Like other chronic health problems, you can prevent, treat, and manage it.

Taking too much of a drug at one time, called an **overdose**, can cause a bad reaction or death. Call **911** if someone has signs of an overdose. These vary by the type of drug, but common signs are severe chest pain or headache, seizures, trouble breathing, and extreme paranoia or anxiety.



WHEN TO GET HELP

Seek treatment if you have any of the signs of substance use disorder:

- I often take more of the drug than I intend to.
- I have tried more than once to cut down or control my use, but could not.
- I spend a great deal of time getting, using, or recovering from the drug.
- I crave or have a strong desire or urge to use the drug.
- I have failed to do what I need to at work, school, or home because of drug use.
- I have problems with my family and friends because of drug use.
- I give up or cut back on social and work activities because of drug use.
- I use the drug even when I might get hurt (for example, before driving).
- I use the drug even though I know it is making a health problem I have worse.
- I need to take more of the drug to get the same effect that I want.
- I get withdrawal symptoms when I do not use the drug.

TREATMENT AND SUPPORT RESOURCES

People who get treatment and stick with it can stop using drugs. Talk with your doctor, nurse, or counselor about treatment. The resources below can also help you connect with treatment or support.

24-hour helplines are marked with a star (*).

SUBSTANCE USE TREATMENT SCREENING & REFERRALS

Alliance Medi-Cal Members

Alameda County Substance Use Access & Referral Helpline*

Toll-Free: **1.844.682.7215**

(Interpreters offered)

www.acbhcs.org/substance-use-treatment

Alliance Group Care Members

Alliance Member Services Department

Phone Number: **1.510.747.4567**

(Interpreters offered)

HELPFUL WEBSITES

kidshealth.org/en/parents/drugs-information.html – For parents and families. (English, Spanish)

medlineplus.gov/druguseandaddiction.html – Learn about drugs and addiction. (English, Spanish)

www.rethinkingdrinking.niaaa.nih.gov – Learn about alcohol and your health.

Do you need more support?

Please call Alliance Health Programs

Monday – Friday, 8 am – 5 pm

Phone Number: **1.510.747.4577**

Toll-Free: **1.855.891.9169**

People with hearing and speaking impairments

(CRS/TTY): **711/1.800.735.2929**

www.alamedaalliance.org

12-STEP PROGRAMS

12-step programs are self-help meetings where participants admit to past mistakes, see that a higher power, however they define it, can give them strength, and learn to stay sober.

Alcoholics Anonymous

- East Bay*

Phone Number: **1.510.839.8900**

Phone Number: **1.510.502.8560** (Spanish)
eastbayaa.org

- Tri-Valley*

Phone Number: **1.925.829.0666**

valleyservicecenteraa.org

Al-Anon/Alateen (family & friends of alcoholics)

- East Bay

Phone Number: **1.510.276.2270**

www.ncwsadistrict15.org

- Berkeley

Phone Number: **1.510.528.4379**

Phone Number: **1.925.432.1821** (Spanish)

www.al-anonbythebay.org

- Tri-Valley

Phone Number: **1.925.277.7661**

www.alanontrivalley.org

Narcotics Anonymous* (Opioids)

Phone Number: **1.510.444.4673**

www.naalamedacounty.org

Toll-Free: **1.855.667.2262** (Spanish)

www.norcana.org

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