



March
edition

The SUNY ADK
Counselors are
here to help.

Please email us
today set up an
appointment.

DID YOU KNOW??

About 1 in 4 college students report academic consequences from drinking, including missing class, falling behind in class, doing poorly on exams or papers, and receiving lower grades overall.

About 1,825 college students between the ages of 18 and 24 die from alcohol-related unintentional injuries, including motor-vehicle crashes.

About 696,000 students between the ages of 18 and 24 are assaulted by another student who has been drinking.

About 97,000 students between the ages of 18 and 24 report experiencing alcohol-related sexual assault or date rape.

Click here for more information from the NIH: [COLLEGE FACT SHEET](#)

There is Hope and Help.

If you or someone you care about needs help with drugs, alcohol,
or gambling

call 1-877-846-7369 or Text: HOPENY (467369)

[Find a Support Group](#)

Do you have questions about Finding a Support group; i.e what to expect, how to join, what's the right group? Click on the link to find a resource that will answer your questions.

[Naloxone \(Narcan\) Saves Lives!](#)

Participate in an online training and learn to recognize, respond to and reverse a suspected opioid overdose using intranasal naloxone (Narcan). Click on the link to register!

[American Addiction Centers](#)

This article outlines what binge drinking is and some of the negative issues associated with binge drinking.

[Addiction is a disease, not a moral failure](#)

This website is an excellent resource for learning more about the science of addiction.

[Substance Abuse and Mental Health Services](#)

SAMHSA's website offers information and videos to support the agency's mission to reduce the impact of substance abuse and mental illness on America's communities.

[Faces and Voices](#)

Faces & Voices of Recovery is dedicated to organizing and mobilizing millions of Americans in recovery by sharing and celebrating recovery stories. This site connects community members with one another and empowers those who are still struggling to know they are not alone.

[What is Binge Drinking and when is it a problem?](#)

This article outlines what binge drinking is and some of the negative issues associated with binge drinking.

[Hope and Healing Recovery Center](#)

Hope and Healing Recovery Center is an amazing place to live and to recover! They are a substance free, supportive, recovery oriented sanctuary that provides emotional peer support services, informational services and recovery community events and meetings. Click on the link above also find them on [Facebook](#).