IF YOU, OR SOMEONE YOU KNOW, IS STRUGGLING WITH THEIR ALCOHOL OR OTHER DRUG USE AND ARE LOOKING FOR HELP:

CALL 911 IMMEDIATELY if a student may be harmful to themselves or others.

IT MAY BE DANGEROUS TO GO THROUGH WITHDRAWAL ALONE. Some people suffer from more severe withdrawal symptoms than others. The goal of detoxification is threefold: to manage and monitor symptoms, to prevent serious events, and to bridge patients to treatment.

IMMEDIATE HELP

**ACTIVELY SEEKING TREATMENT**

- **Alcohol and Other Drug Abuse Prevention at University Health Center’s The Well**
  - BASICS and High Expectations
  - 540-568-2831
  - Student Success Center 1st Floor - jmu.edu/yourcall

- **Young Persons’ AA**
  - Open meeting, every Friday night during the academic year at 8PM
  - Madison Union 311
  - Tia Mann - manntl@jmu.edu
  - 540-568-5501

- **AA/NA in the Community**
  - 540-434-8870 - AAvirginia.org

- **Sentara RMH Life Recovery**
  - 540-564-5960
  - M-Th 8-5, Fri 8-430
  - Alcohol/drug dependency treatment program
  - Visit rmhonline.com and search “Behavioral Health.” Scroll down until you find “Addiction Services.”

**MANAGING WITHDRAWAL**

- **Emergency Room at Sentara RMH Medical Center**
  - 2010 Health Campus Drive - 540-689-1414
  - 24 hour assessment and referral

- **University Health Center Urgent Care**
  - Urgent Care, Corner of MLK Ave. and Mason St.
  - M,WF 8am-4pm | Tu, Th 9am-4pm
  - 540-568-6178

- **Sentara RMH Life Recovery**
  - 540-564-5960
  - M-Th 8-5, Fri 8-430
  - Alcohol/drug dependency treatment program
  - Visit rmhonline.com and search “Behavioral Health.” Scroll down until you find “Addiction Services.”

NON-IMMEDIATE HELP

- **Alcohol and Other Drug Abuse Prevention University Health Center’s The Well**
  - BASICS and High Expectations
  - 540-568-2831
  - Student Success Center 1st Floor - jmu.edu/yourcall

- **Young Persons’ AA**
  - Open meeting, every Friday night during the academic year at 8PM
  - Madison Union 311
  - Tia Mann - manntl@jmu.edu
  - 540-568-5501

- **AA/NA in the Community**
  - 540-434-8870 - AAvirginia.org

Referral to counselor || Experiencing alcohol or other drug-related consequences || Someone is concerned with your use || Using more than used to