



HOW DO I KNOW WHEN THERE IS A DRINKING OR DRUG PROBLEM?

Answering the following four questions can help you find out if you or a loved one has a drinking problem.

- Have you ever felt that you should cut down on your drinking or drug use?
- Have people annoyed you by criticizing your drinking or drug use?
- Have you ever felt bad or guilty about your drinking or drug use?
- Have you ever had a drink or taken drugs first thing in the morning to steady your nerves or to get rid of a hangover?

One "yes" answer suggests a possible alcohol or drug problem. More than one "yes" means it is likely that a problem exists.

If you think that you or someone you know might have a drinking or drug problem, it is important to see a doctor or other health care provider right away.



WHAT IS INVOLVED IN ALCOHOL AND DRUG ABUSE TREATMENT?

ADOLESCENT SERVICES

Counselors provide specialized services to Prince George's County adolescents ages 12 to 18 at Prince George's County Health Department Behavioral Health Centers.

- **Drug, alcohol, and other substance abuse information:** Learn about the effects of alcohol and drug abuse on the user and the family.
- **Drug use assessment and evaluation:** An evaluation is made to determine what services are needed for the individual.
- **Individual, group, and family counseling:** Appointments are available to talk with competent, caring counselors with extensive experience working with adults, teens, and families.
- **Crisis intervention:** Assistance is provided to help solve an immediate crisis situation, along with encouragement and referrals to the necessary type of care.

WHAT TO DO NOW?

HELP IS HERE

Call the staff of Behavioral Health Services, Prince George's County Health Department, to schedule an appointment at the Center nearest you. See the detachable wallet card below for a full list of Center locations.

Hours of Operation

Monday–Thursday	Friday
8:00 a.m. to 8:00 p.m.	8:00 a.m. to 4:30 p.m.

FEES

Any charges for services will be based on a sliding-fee scale, and no one is turned away due to an inability to pay. Maryland Medical Assistance and PAC insurance are accepted.

Adult, Adolescent, and Family Behavioral Health Services



PRINCE GEORGE'S COUNTY HEALTH DEPARTMENT

Capitol Heights 301-324-2872	Langley Park 301-434-4890	MARYLAND RELAY 711 for TTY/STS
Cheverly 301-583-5920	Laurel/Beltsville 301-498-4500	ALCOHOLICS ANONYMOUS 202-966-9115
Clinton 301-856-9400	General Information 1-888-561-4049	NARCOTICS ANONYMOUS CRISIS HOTLINE 301-864-7161
Landover 301-324-2989		

WHAT IS ALCOHOL ABUSE?

If drinking alcohol interferes with your health or daily living, it is considered to be problem drinking.

Symptoms of alcohol or other drug abuse include:

- Personality changes
- Blackouts: Not being able to remember things that are said and done when drinking
- Tolerance-drinking, smoking, or using drugs more and more for the same "high"
- Denial of a problem
- Gulping or sneaking drinks or hits
- Using alcohol or drugs alone or early in the morning
- Experiencing changes in academic performance, work performance, increased absenteeism, and loss of interest in sports or other favorite activities

HELPFUL WEB SITE LINKS

Prince George's County Health Department

www.princegeorgescountymd.gov/health
www.lmlnThisForMe.com

National Institute on Drug Abuse

www.nida.nih.gov

National Institute on Alcohol Abuse and Alcoholism

www.niaaa.nih.gov

NON-DISCRIMINATION CLAUSE

The Prince George's County Health Department, by law and/or policy, does not permit discrimination in the delivery of services and employment on the basis of handicapped status, race, color, or national origin; additionally, discrimination in any phase of employment practices, policies, and procedures on the basis of religion, age, sex, or political affiliation is prohibited. This encompasses all facilities and programs directly operated by Prince George's County Health Department, grant-in-aid programs, providers of health services receiving federal funds through Prince George's County Health Department, contractors, and subcontractors.



Rushern L. Baker, III
County Executive



YOUTH AND COMMUNITY SERVICES CENTER/LANGLEY PARK

YOU CAN HAVE A
DRUG-FREE LIFE



WHAT IS DRUG ABUSE?

Drug abuse can occur with use of illegal drugs such as marijuana, cocaine, heroin, or other "street drugs," as well as misuse of prescribed medication.

Symptoms of drug abuse include:

- Tolerance: Needing increasingly larger amounts of drugs to get high
- Craving drugs or alcohol
- Loss of control: Trying to cut down on the use of drugs or stop using without success
- Experiencing changes in academic performance, work performance, increased absenteeism, and loss of interest in sports or other favorite activities



BEHAVIORAL HEALTH SERVICES FOR PRINCE GEORGE'S COUNTY RESIDENTS

JCAHO-Accredited Program (Joint Commission on Accreditation of Healthcare Organizations)

ADAA-Certified (Alcohol and Drug Abuse Administration)

TEAR OUT FOR INFORMATION ON THE GO

YOU CAN HAVE A
DRUG-FREE LIFE

Call us to schedule an appointment at the Center nearest you.

Youth and Community Services Center/Langley Park
 Prince George's County Health Department
 1401 East University Boulevard, Hyattsville, MD 20783
 301-434-4890 | www.lmlnThisForMe.com



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