

How to Make a Referral

1. Call the OSU Alcohol and Substance Abuse Center for an intake appointment at:

(405) 744-2818

2. Come by the office in

336 Student Union

between the hours of **8-12** or **1-5** to schedule and appointment.

Important Numbers and Services

Support Network Information:

- AA/NA Self Help Meetings
- Recovery House on Campus
- Relapse/Aftercare Counseling

Important Numbers:

- **OSU Police**
744-6523
- **University Counseling**
744-5472
- **Student Judicial Office**
744-5470

Oklahoma State University's
**Alcohol and Substance
Abuse Center**



University Counseling Services Division of Student Affairs

For appointment contact the
**Alcohol and Substance Abuse
Center**

336 Student Union

(405)744-2818

Open: 8-12, 1-5

www.okstate.edu/ucs/ASAC

University Counseling Services
Division of Student Affairs

336 Student Union

(405) 744-2818



What We Can Help You With:

- Substance Abuse Issues
- Substance Abuse Counseling
- DUI Assessments
(by appointment only)
- Intervention Services
- Family Roles/Counseling
- Co-Dependency Issues
- Child of Alcoholic
- Legal Requirements
- Anger Resolution
- Outreach Services
- Alcohol and Drug Referrals
- Alcohol and Drug Assessment
- Prevention
- Recovery Services

Alcohol Poisoning

Critical Signs of Alcohol Poisoning

- Mental confusion, stupor, coma or person cannot be roused
- Vomiting
- Seizures
- Slow breathing (less than 8 breaths per minute)
- Irregular breathing (10 seconds or more between breaths)
- Hypothermia (low body temperature), bluish skin color, paleness



CAUTION!

Untreated alcohol poisoning can result in the victim choking on their own vomit, heart stopping, seizures, permanent brain damage and death. Call 911 for help.

Reasons to Use the Alcohol and Substance Abuse Center:

- confidential assesment
- counseling
- referral services
- educated personnel

**For additional information
about Alcohol and Drug Effects
visit our website at:
www.okstate.edu/usc/ASAC**

