

PRINCETON UNIVERSITY ALCOHOL AND OTHER DRUG RESOURCES

limits matter

Where do you draw the line?

**EMERGENCIES: from a campus phone DIAL 911 IMMEDIATELY
from a cell phone DIAL 609-258-3333 IMMEDIATELY**

when someone has an injury, cannot walk on their own, or exhibits one or more of these symptoms:

- Cold, clammy, pale or bluish skin.
- Unresponsive; you cannot wake them up by shaking them or calling their name.
- Puking without waking up.
- Slow or irregular breathing of less than 8 times per minutes or 10 seconds between breaths.

While you wait for emergency personnel to arrive:

- Continue efforts to wake the person.
- If they are breathing, place them on their left side in the recovery position to prevent choking on vomit.
- Closely monitor their breathing and perform CPR if breathing stops. If you don't know CPR, find someone who does.

University policy and New Jersey State Law encourage calling for help when someone's had too much of any substance including alcohol:

- Under Princeton's *Rights, Rules, & Responsibilities*, you are obligated to call for help for a severely intoxicated person and will not be disciplined for doing so. Neither intoxication nor admission to UHS for intoxication are grounds for disciplinary action.
- New Jersey's Lifeline Legislation (NJSA 2C:33-15) and Overdose Prevention Act (NJSA 24:6J-1) provide certain protections from criminal or civil liability for seeking medical attention for alcohol and/or drug overdoses.



Bookmark Princeton U MatterNow (umatternow.princeton.edu) on your phone's home screen for easy access to resources when you need them and to make an emergency call.

Opioid Overdose Prevention

For students who are living with or spending time with someone at risk of an opioid (heroin, other painkillers) overdose, having naloxone (Narcan) on hand is a good idea. Naloxone is a medication that can be administered to reverse an opioid overdose. It is available at pharmacies without a prescription where state law allows and may be free at local community-based organizations. Be sure you learn how to use it before the need to administer it arises. If a person shows signs of an overdose, call 911, begin rescue breathing if the person isn't taking in air, and administer the naloxone.

On campus, if naloxone is needed, call 911 to reach Public Safety.

More information can be found at

<https://harmreduction.org/issues/overdose-prevention/overview/overdose-basics/>

NON-EMERGENCY RESOURCES



umatter.princeton.edu/limits for alcohol information.

<https://uhs.princeton.edu/health-resources/cannabis> for cannabis information.

ScreenU: an anonymous, online, ten-question screening for anyone wondering how risky their use of a substance might be. Individual scores are not reported to anyone.

To take the screening for alcohol, go to bit.ly/2DhsX7s

To take the screening for cannabis, go to bit.ly/34ioDQT



BASICS: offers students the opportunity to have a confidential conversation with a health educator about their alcohol and other substance use. BASICS is not an abstinence only program and students will not automatically be told to stop using. In BASICS, students can:

- discuss their use in a supportive and nonjudgmental atmosphere,
- explore what is right for them and their goals, and
- consider how they might maintain what is working for them and/or make changes that they choose.

Any Princeton student is welcome to participate in BASICS at no cost. Some students are referred to BASICS by someone concerned about their alcohol or other substance use. BASICS involves completion of an online assessment tool and a meeting with a BASICS provider to review responses.



Make an appointment:

- Online at princeton.edu/MyUHS
- or email basics@princeton.edu
- or call 609-258-5743

Counseling and Psychological Services (CPS): a confidential resource with clinicians available to talk about alcohol or other drug concerns. Nothing shared in CPS is shared with anyone else on campus or with families. Make an appointment:

- Online at princeton.edu/MyUHS
- or call 609-258-3141
- Or walk in during business hours

Graduate School, Student Life: Graduate students experiencing personal difficulties can seek assistance and get connected to support resources by contacting Student Life at (609) 258-3028.



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