



How to say no to drugs and alcohol

Alcohol is part of many traditions and is often served at parties and other functions. And although many drugs are illegal or legal only with a prescription, people may offer them to you.

If you're in a situation where someone is offering you alcohol or drugs, try this:

- Look the person in the eye.
- In a firm voice, tell the person you don't want to drink or use drugs. Say something like:
 - "No, I'm sorry, but I don't use...."
 - "No, I'm really trying to stay clean."
 - "No, I'm trying to cut back."
- Give a reason why you don't want to drink or use drugs. Say something like:
 - "It's bad for my health."
 - "I could lose my housing."
 - "I have trouble when I use...."
- Ask the person not to ask you to drink or use drugs again. Say something like:
 - "Hey, I said I'm trying to stay clean, so don't ask me again."
 - "I told you I don't use anymore, so stop asking."
 - "I'm trying really hard to stay clean, so please don't ask me to use anymore."
- If you notice that someone does have drugs, leave the area.

Help is available. For additional information, visit [MagellanHealth.com/MYMH](https://www.MagellanHealth.com/MYMH)

Source: Healthwise