

# Alcohol *and* Drug Abuse Information *Line*

1-800-729-6686

*Would you like to know more about alcohol or drug abuse?*



Help is just  
a phone call  
away.

The National Clearinghouse for Alcohol and Drug Abuse Information Line can help. Call their toll-free line at 1-800-729-6686. You can find out what you would like to know about alcohol and drug abuse at no cost. Help can be a phone call away.

*The information line can get you:*

- Someone to talk to about alcohol and drug abuse.
- Referrals to treatment centers.
- Facts and information about alcohol and drugs.
- Information about the alcohol and drug problems that teenagers face.

This call can be the first step to getting help for you or someone important to you. Call **1-800-729-6686** today. [www.CalVivaHealth.org](http://www.CalVivaHealth.org)

# *Tus Xovtooj Muab Lus Qhia Txog Kev Haus Dej Cawv thiab Siv Yeeb Tshuaj Tsis Raws Cai*

*1-800-729-6686*

*Koj puas xav paub ntau zog txog txoj kev haus dej cawv lossis yeeb tshuaj tsis raws cai?*



Txoj kev pab  
tsuas deb li  
ntawm ib tsab  
xovtooj xwb.

National Clearinghouse Tus Xovtooj Muab Lus Qhia Txog Kev Haus Dej Cawv thiab Siv Yeeb Tshuaj Tsis Raws Cai yeej pab tau. Hu rau lawv tus xovtooj dawb ntawm 1-800-729-6686. Koj mam li paub txog tej yam uas koj xav paub txog txoj kev haus cawv thiab siv yeeb tshuaj tsis raws cai dawb. Txoj kev pab yeej deb li ntawm ib tsab xovtooj xwb.

*Tus xovtooj muab lus qhia yuav  
pab muab tau:*

- Ib tug neeg los tham txog kev haus dej cawv thiab siv yeeb tshuaj tsis raws cai.
- Ua ntawv xa koj mus ntsib cov chaw kho.
- Cov lus tseeb thiab lus qhia txog kev haus dej cawv thiab siv yeeb tshuaj tsis raws cai.

- Lus qhia txog teeb meem haus dej cawv thiab siv yeeb tshuaj uas raug cov tub ntxhais hluas.

Tsab xovtooj no yuav yog thawj  
kauj ruam los muab txoj kev  
pab rau koj lossis lwm tus neeg  
uas tseem ceeb rau koj. Hu rau  
**1-800-729-6686** hnuv no.  
[www.CalVivaHealth.org](http://www.CalVivaHealth.org)