

include vomiting while unconscious, slowed or irregular breathing, cold and sweaty/clammy skin, loss of gag reflex, mental confusion, stupor and more. If you see someone who has any one of these symptoms, call 911 or get medical assistance immediately. If treatment is not received soon enough, it can put that person at risk of a coma or death.

negative outcomes associated with alcohol consumption. A BAC estimator can help you approximate how many standard drinks it takes to reach and maintain a BAC of .06%.

AOD Website: The Alcohol and Other Drug Resources website provides Northwestern students, parents, faculty, staff, and neighbors with a centralized hub for information, policies, programs, and services related to alcohol and other drugs. It represents the work of numerous campus partners who share the goal of supporting students in making responsible decisions about alcohol and other drugs, including low-risk use and non-use, to keep the Northwestern community safer and healthier.

BASICS, or Brief Alcohol Screening and Intervention for College Students, is designed for college students who drink/use drugs and are at risk for or have experienced negative consequences as a result of their use (e.g., injuries, blackouts, fights, physical or sexual assault, poor academic performance, legal problems). The goal of BASICS is to reduce the negative consequences of substance use by helping students make better substance use decisions.

eCheckUp To Go: The Alcohol eCheckUp To Go and the Cannabis eCheckUp To Go are interactive web surveys that allow students to enter information about their drinking or drug use patterns and receive personalized feedback about their use. The assessments take about 15 minutes to complete and require no face-to-face time with a counselor or health care professional.

Red Watch Band bystander intervention training: Red Watch Band provides Northwestern students with the knowledge and skills necessary to identify and intervene in an alcohol-related medical emergency. Participants learn how alcohol affects our physiology and behavior, the signs and symptoms of alcohol poisoning, how to prevent and/or respond to an alcohol emergency, and the truth behind common alcohol-related myths. Register here to attend a training this spring. Dates will continue to be added throughout the quarter.