

Looking after friends

- Recognise the signs that your friend has had too much to drink, eg: slurring words doing embarrassing or out of character things being uncoordinated - bumping into people or objects.
- Stay with them to keep an eye on them.
- Speak to them calmly and alone to let them know that they're drunk: take time out away from others mention you're concerned about how much they've had to drink suggest they stop drinking (without criticising or judging).
- Get them something to eat and some water.
- Step in to stop them making an unsafe decision, eg getting into a car with a drunk driver, hooking up with someone.
- Help them to get home safely – tell a relative that they need watching or stay with them yourself.
- If they lose consciousness, get help and call an ambulance.

[Check out First aid >>](#)

