



# HARMFUL. HELPFUL.



## Preventing Drug Abuse and Excessive Alcohol Use

Not only does drug abuse and excessive alcohol use impact your readiness, it can harm the lives of your fellow Marines, friends, and family. The Navy and Marine Corps Public Health Center Health Promotion and Wellness Department understands the impact of drug abuse and excessive alcohol use on your readiness and overall health. That's why, along with the Marine Corps Community Services, we're committed to providing you with the tools you need to fight these harmful addictions. We have the educational materials and resources to help you understand the negative effects of excessive alcohol use and misuse or abuse of over-the-counter and prescription medications so that you can overcome alcohol and drug abuse and live a healthy life.

For more information on your local resources, contact:

To learn how our resources and tools can help keep you fit for service and improve your overall health, visit us at [HTTP://WWW.MED.NAVY.MIL/SITES/NMCPHC/MARINES/PAGES/DEFAULT.ASPX](http://www.med.navy.mil/sites/nmcpHC/marines/PAGES/DEFAULT.ASPX) and [HTTPS://WWW.MANPOWER.USMC.MIL/WEBCENTER/PORTAL/MRAHOME](https://www.manpower.usmc.mil/webcenter/portal/mrahome).

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PREVENTION AND PROTECTION START HERE

