**REMINDER**

- Police can help provide transportation to health facilities.
- Calling an ambulance is no guarantee for taking someone to a hospital or detox and alcohol affect everyone differently.

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**Wellness Center**
Piedmont Unified School District

Offering free support to students for stress, anxiety, family or friendship conflicts, depression, grief, and substance abuse.

{100% CONFIDENTIAL}

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**Make an appointment or drop-in**
Serving PHS, MHS and PMS students

**Email**: wellnessappointment@piedmont.k12.ca.us

**Call**: 510-594-2803

**Hours**: Daily (school hours)

**PHS**: Room 30C, **PMS**: Main Office (check in)

For more information and additional resources go to:
http://www.piedmont.k12.ca.us/phs/campus-life/wellness-center.php

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**Signs of Alcohol Poisoning**

- Confusion
- Stupor
- Vomiting
- Seizures
- Slow breathing (less than eight breaths a minute)
- Irregular breathing
- Blue-tinged or pale skin, sweating
- Low body temperature (hypothermia)
- Unconsciousness ("passing out")

It is not necessary for all of these symptoms to be present before you seek help. A person who is unconscious or cannot be roused is at risk of dying. Call 911.

If using a cell phone in Piedmont, call Piedmont Police at 420-3000 or Piedmont Fire at 420-3030. When assisting an intoxicated person, first call 911.

While waiting for help:

**Don't**:
- Give food, liquids, drugs, or other stimulants
- Allow the person to drive, ride a skateboard, bike, etc.
- Give a cold shower (the shock of the cold could cause unconsciousness)
- Laugh at, ridicule, or provoke the person

**Do**:
- Stay with and monitor the intoxicated person
- Keep him/her upright with a clear airway
- Monitor a sleeping person to avoid loss of consciousness