

ON-CAMPUS RESOURCES

STUDENT COUNSELING CENTER

SWC 201 | 806.742.3674 | counseling.ttu.edu

Virtual alcohol assessments provided

Clinic Hours: M-F 12:30-3:30pm

THE CENTER FOR COLLEGIATE RECOVERY COMMUNITIES

806.742.2891 | depts.ttu.edu/hs/csa/

Program that assists students to flourish in recovery through accountability and support. Hosts daily 12-step meetings

RISK INTERVENTION & SAFETY EDUCATION (RISE)

Drane 247 | 806.742.2110 | rise.ttu.edu

Provides Alcohol & Drug workshops and interactive programming for academic classes, student groups, organizations, residence halls and individuals

eCHECKUP TO GO

rise.ttu.edu

Online, personalized assessment tools for alcohol or marijuana use. Free, anonymous, evidence-based results.

VOICES FOR CHANGE

rise.ttu.edu | rise@ttu.edu

Mandated course for all first-year and transfer students. Online program that discusses wellness topics such as healthy relationships and alcohol/other drugs.

RAIDER RESTART (BASICS)

rise.ttu.edu | rise@ttu.edu

One-on-one coaching to help students with substance misuse and their negative impacts, including tobacco cessation assistance.

RAIDER RIDE

TapRide App | Seven days a week | 6PM-2:45AM Free transportation in Lubbock to or from Tech.

\$5 flat rate for all other rides in Lubbock. TTU ID required.

OFF-CAMPUS RESOURCES

MANAGED CARE CENTER FOR ADDICTIVE/OTHER DISORDERS, INC.

mccaod.com

Comprehensive in-and outpatient substance abusetreatment for adults.

STAGES OF RECOVERY

lubbockaddictionservices.com/about-stages-of-recovery

Promotes a foundation of recovery by providing an environment that fosters safety, accountability, community and trust.

ASPIRE ADDICTION RECOVERY CENTER

aspirearc.com

Affordable individualized, best practice, drug treatment program guided in the principles of 12-step recovery

TOBACCO CESSATION PROGRAM: A NEW DAY

Covenant Health | 806.725.0359 | 3615 19th

Combination nicotine replacement therapy and counseling program

ALCOHOLICS ANONYMOUS

aa.org

Nonprofessional, self-supporting, multiracial, and apolitical international fellowship

LUBBOCK 24 HR HOTLINE : 806.741.8780

THE RANCH AT DOVE TREE

ranchatdovetree.com

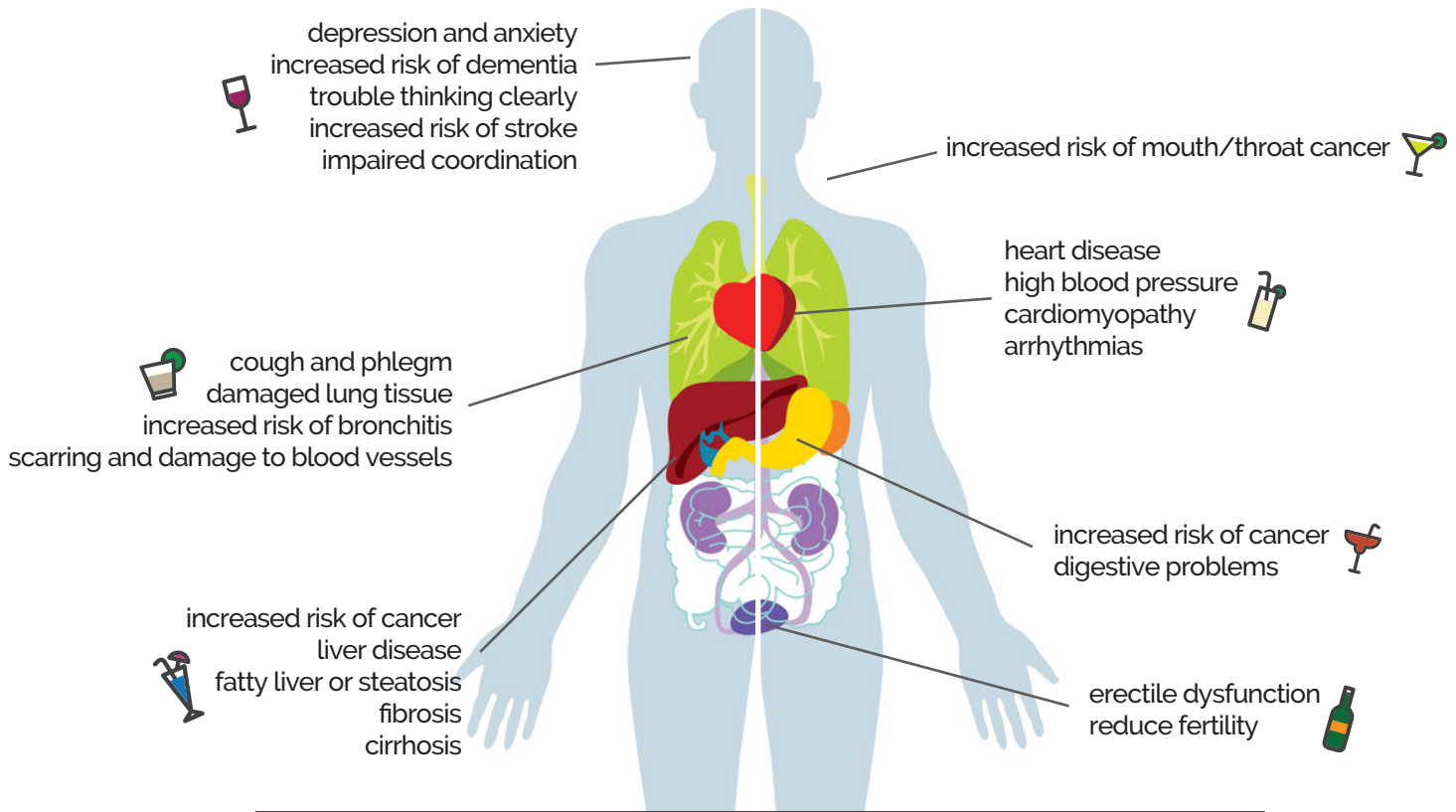
Collegiate-focused addiction and behavioral health comprehensive treatment and recovery

For more resources, visit our website at rise.ttu.edu/aod



WHAT DOES IT DO TO MY BODY?

ALCOHOL EFFECTS



STANDARD DRINKS

12 oz of beer 

5 oz of wine 

1.5 oz of liquor 

BINGE DRINKING

WOMEN:
4  or more drinks on one occasion

MEN:
5  or more drinks on one occasion

HEAVY DRINKING

WOMEN:
8  or more drinks in a single week.

MEN:
15  or more drinks in a single week.



National Institute on Alcohol Abuse and Alcoholism