



**l'Assurance
Maladie**

Agir ensemble, protéger chacun

Isère

ADDICTIONS

HAVING QUESTIONS ?

SUPPORT AND
SOLUTIONS
ARE AVAILABLE



WANT TO QUIT SMOKING ?

- You can use **nicotine substitutes** (reimbursed with a prescription)
- You can get **help from a professional** : a doctor, a tobacco specialist or a pharmacist



Tabac info service is also available (the website can be translated into English) :
<https://www.tabac-info-service.fr/>

FOR ALL SUBSTANCE USE (LEGAL OR ILLEGAL)

You can check your substance use, get help or ask questions for yourself or friends at **Addiction treatment, support and prevention centers**. They offer **consultations specifically dedicated to young people**.



Find an **addiction treatment center** :
<https://www.drogues-info-service.fr/>

PARTY TIPS



Keep an **eye** on your drink



Stay with **trusted friends**



Avoid **mixing drinks**



Drink **water** and **eat** whenever you can



Listen to your body :
don't force yourself to drink