



# HARMFUL. HELPFUL.



## Preventing Drug Abuse and Excessive Alcohol Use

The Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center understands the impact of drug abuse and excessive alcohol use on your readiness and overall health. That's why, along with 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 binge drinking 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.



To learn how our programs can help keep you fit for service and improve your overall health, visit us at [WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION](http://WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION) and [WWW.MANPOWER.USMC.MIL/PORTAL/PAGE/PORTAL/M\\_RA\\_HOME/MF/G\\_BEHAVIORAL%20HEALTH](http://WWW.MANPOWER.USMC.MIL/PORTAL/PAGE/PORTAL/M_RA_HOME/MF/G_BEHAVIORAL%20HEALTH).

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PREVENTION AND PROTECTION START HERE

