



# HARMFUL. HELPFUL.



## **Substance Use and Misuse for Wounded, Ill, and Injured Sailors and Marines**

Using illegal drugs, misusing medications, or consuming excessive amounts of alcohol can impact your recovery and resilience. These are all behaviors that can complicate healing and prolong recovery from physical or psychological wounds, injuries, or illnesses. It can also harm the lives of your friends and family. The Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center is committed to providing you with the tools you need to fight these harmful behaviors. We have the educational materials and resources to help you understand, avoid, or overcome the negative effects of excessive alcohol use, illegal drug use, and misuse of over-the-counter or prescription medications to support recovery and the return to optimal health.

To learn how our programs can facilitate recovery and strengthen resilience, visit us at

[HTTP://WWW.MED.NAVY.MIL/SITES/NMCPHC/WOUNDED-ILL-AND-INJURED/PAGES/HEALTH-PROMOTION.ASPX](http://www.med.navy.mil/sites/nmcphc/wounded-ill-and-injured/pages/health-promotion.aspx).

For more information on your local resources, contact:

**NAVY AND MARINE CORPS PUBLIC HEALTH CENTER**  
PREVENTION AND PROTECTION START HERE

