



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. Substance use and misuse can also harm the lives of your friends and family. The Navy and Marine Corps Public Health Center Health Promotion and Wellness Department 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 and substance use.

For more information on your local resources, contact:

To learn how our resources and tools 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).

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

