

Need immediate help
in an emergency?

Call 911

Want to talk with someone
or find out about
resources in your area?

Call 211

BROUGHT TO YOU BY

THE CENTER
FOR ALCOHOL AND DRUG RESOURCES

A PROGRAM OF CHILDREN'S AID
AND FAMILY SERVICES

IN PARTNERSHIP WITH
YAW PAW CAMP FOUNDATION

ICE

In Case of Emergency

YOUR NAME

YOUR PHONE

YOUR CELL

BLOOD TYPE

MEDICAL ALERT/ALLERGIES

EMERGENCY CONTACT

PHONE

TAXI PHONE

Going out? Have a Plan.

Make sure your good time is a safe time. Alcohol and drugs affect your ability to make decisions and impair your judgment. Also, if your judgment is compromised, your plan can be too.

Before you go out

- Figure out how you'll get home.
- Eat a meal before you leave.
- Make sure you have ID and cash in case of emergency.
- Store a hard copy of important numbers in case you lose your cell.
- Have a code word to signal that it's time to go or if someone's in trouble.

Remember, the legal drinking age is 21 in New Jersey.

While you're out

- Stay with your friends, no one should ever be alone. Make a pact.
- Get your own drinks. Don't leave your drink unattended.
- Don't let someone drive you who has been drinking alcohol or using drugs.
- Say "NO" if someone wants you to do something you don't want to do.
- Don't get into a car with someone you don't know.
- Don't walk home alone.

In over your head? Feeling unsafe?

- Use your ICE numbers to call for help.
- Call a parent or responsible adult to pick you up no matter what time it is.
- If your friend has passed out or you feel unsafe, DO NOT HESITATE to call 9-1-1.