Alcohol, Drug, & Tobacco Consultation

Please view the official UC policy on Alcohol and Other Drugs [1].

We are available to meet and discuss whatever concerns you may have regarding alcohol, drug, and/or tobacco use. This could involve evaluating your own use, discussing concerns about a friend, colleague, or loved one, or put a plan together to help you feel more in control again.

We're ready to help. Call us at (415) 476-1281 to or visit MyHealthRecord to schedule a consultation [2] or access our self-care options.

- What is healthy drinking [3]
- Smoking Cessation [5]
- Steps to Moderation [7]
- Books & Links [8]