



## University of Nairobi

# Alcohol and Drug Abuse Prevention and Management

The university of Nairobi policy on alcohol and drug abuse prohibits the use and selling of illicit drugs on its premises.

The university has set up an Alcohol and Drug Abuse (ADA) prevention unit.

Each college has an ADA unit to do the following:

- Advocacy
- Assessment
- Carry out research
- Counselling
- Disciplinary action
- Education and training
- Facilitate Alcoholics Anonymous meetings
- Facilitate support groups

- Peer counselling
- Provide Integrated Education and Counseling materials
- Referrals and follow-ups
- Rehabilitation
- Sensitization
- Support Employee Assistance Program
- Support Students Assistance Program
- Treatment

### **Please Note**

- ❖ Alcohol and drug abuse are dangerous to your health
- ❖ Alcohol and drugs will impair learning, memory and decision making ability
- ❖ Alcohol and drugs may expose you to HIV infections/ unwanted pregnancies/ accidents/ violence
- ❖ Know yourself and choose your friends wisely
- ❖ Don't allow alcohol and drugs to destroy you and your future
- ❖ Stay sober and peaceful

If you or someone you know has an alcohol and/or drug abuse problem then, please,

Contact:

- The ADA Prevention Units
  - University of Nairobi Health Services
  - University Chaplains and Counsellors
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