

Underage Drinking It's a Collective Responsibility

Alcohol is still the “drug of choice” for Americans under age 21—used more often than tobacco, marijuana, or other illegal drugs. This is a huge problem, and, as underage drinking affects all of us, it requires all of us to be part of the solution.

What Can You Do to Help?

Be informed; be prepared; and take action.

We've Got You Covered!

- **Be Informed.** Bring yourself up to date on the current status of underage drinking in the US and on the progress in reducing underage alcohol consumption over the years. Explore available prevention and enforcement activities, programs, and policies by viewing the [Report to Congress on the Prevention and Reduction of Underage Drinking](#).
- **Be Prepared.** Learn about available prevention programs and policies and how your state compares to others in implementing these by accessing the [State Reports](#) and the [State Performance & Best Practices for the Prevention and Reduction of Underage Drinking](#).
- **Take Action.** Discover how to make it easier to talk to your own children about drugs and alcohol by downloading the [“Talk. They Hear You”™](#) app and public service videos; and access your state's PowerPoint to help you influence policy within your state.



Please visit the Stop Underage Drinking [website](#) for more info.

Immediate Help is Also Available

SAMHSA's [National Helpline](#), 1-800-662-HELP (4357) or TTY: 1-800-487-4889 is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information. Visit for more information.