

## Caffeine content of soft drinks

(Milligrams per 12-oz. can; as determined by CLU tests)



\*As reported by the manufacturer; below detection limit in CLU tests. By regulation, cola beverages are required to have some caffeine.

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## Substance Abuse — Resources

### University of Oregon Drug Information Center 686-5411 or 686-5412

1763 Moss Street, Eugene, OR 97403  
(information)

A resource for providing up-to-date information on any prescription, over-the-counter, recreational, herbal or illegal drug.

### Sacred Heart General Hospital 686-6931 Emergency Dept.

1255 Hilyard Street, Eugene, OR 97401  
(crisis, residential, outpatient, support,  
24-hour phone, information)

The emergency department responds to crisis situations including alcohol and drug abuse.

### White Bird Clinic 342-8255

341 East 12th Ave., Eugene, OR 97401  
(crisis, outpatient, counseling, support,  
24-hour phone, information)

A program of education, treatment and support that assists people in gaining control of their lives.

### University of Oregon Student Health Center 686-4456

U of O, 1590 E. 13th, Eugene, OR 97403  
(outpatient, counseling, support)

A lifestyle planning program offers one-on-one peer health advising in many areas including drugs and alcohol.

### Lane County Mental Health Alcohol Drug Corrections 687-4463

1901 Garden Avenue, Eugene, OR 97401  
(crisis, outpatient, counseling, support,  
24-hour phone, information)

Outpatient drug and alcohol treatment emphasizing that alcoholism is a disease and that addictions can be broken with understanding, limits and support.