

ALCOHOL AWARENESS MONTH

April 2019

Alcohol Awareness Month is dedicated to encouraging everyone to educate themselves about alcohol problems, treatment, underage drinking and other related issues.

FACT

- Alcohol is a drug; a depressant that slows brain activity.
- Alcohol abuse, misuse and addiction affects the entire family.
- Addiction is a chronic, progressive disease.
- Millions of Americans are in healthy recovery from this disease.
- Alcohol and other drug addiction is preventable and highly treatable.



USE OR MISUSE?

Ask yourself...

- Can you enjoy it in moderation?
- Can you recognize if you are drinking too much?
- Can you switch to a non-alcoholic drink when you have had enough?

UNDERAGE DRINKING

According to the National Institute on Alcohol Abuse and Alcoholism, underage drinking is a serious health problem and poses a range of risks and negative consequences.

Talk with your kids, teens and young adult children. It's important! Many parents don't realize what their kids do after school, at a friend's house, or at a party. Teen peer pressure is one of the top reasons why kids start to drink.

START THE CONVERSATION.
STOP UNDERAGE DRINKING.



WARNING SIGNS OF ALCOHOL PROBLEMS

If you answer "YES" to any of the following questions, you may have a problem with alcohol:

- Do you drink alone when you feel angry or sad?
- Does your drinking ever make you late for work?
- Does your drinking worry your family?
- Do you ever drink after telling yourself you won't?
- Do you ever forget what you did while drinking?
- Do you get headaches or have a hangover after drinking?



AT-RISK DRINKING LEVELS

WOMEN: More than 3 drinks per day or more than 7 drinks per week.

MEN: More than 4 drinks per day or more than 14 drinks per week.

OVER 65: More than 1 drink per day

Drinking too much? Wondering if it is safe for you to drink, or if you should quit? Consider having an EAP assessment to determine your individual risk factors.

If you are a heavy drinker and possibly dependent on alcohol, please seek professional help if you decide to stop drinking. Sudden withdrawal from heavy drinking can cause dangerous side effects.

Please call to schedule a confidential appointment with one of our counselors.

**StressCare Behavioral Health EAP
419-531-3500**