



do you know
your **risks?**



Many people enjoy “drinks” with friends, or a “cold one” at home. But there is a difference between alcohol use, ongoing alcohol abuse and chronic alcohol dependency.

Alcohol abuse is the overuse of alcohol. Not all people who use alcohol become alcoholics, but abuse can have serious health effects.

Alcohol addiction involves drinking every now and then or the constant drinking of alcohol, not being able to control how much you drink, using alcohol even if it has a bad effect and unclear thinking, such as ignoring the problem. It can lead to mental, legal, financial, social and physical issues.

**Call the Behavioral Health Services
directly at 1.877.221.9295.**

Recovery can, will, and DOES happen.

See if you recognize any of these symptoms in yourself. In the past year have you:

- Had times when you ended up drinking more, or longer, than you wanted to?
- Did you more than once want to cut down or stop drinking, or tried to, but couldn't?
- Have you gotten into situations while or after drinking where your chance of getting hurt is high? (such as driving)
- Have you kept drinking even though it was making you feel sad or nervous or adding to another health problem? Are you having memory blackouts?
- Do you spend a lot of time drinking?
- Have you kept drinking even though it was causing trouble with family or friends?
- Have you found that drinking keeps you from taking care of your home or family, job or school?
- Have you given up or cut back on activities that were important in order to drink?
- Have you gotten arrested more than once or had other legal problems because of your drinking?
- Have you found that when the alcohol wears off, you start not feeling well?

Information on knowing your risks comes from the www.RethinkingDrinking.niaaa.nih.gov website.

know your **options**

Admitting there is a problem is key to getting help.

Getting better is possible but you must **WANT** it and **WORK** it.

STOPPING alcohol is the first step to getting better, but most people need help. There are many different kinds of treatment.

If you decide to quit, you do have choices. Addiction can worsen over time, not only involving the person using, but family members also.

Getting better can be hard. Don't give up.

For more information on groups/therapeutic settings please contact Behavioral Health Services (24 hours): **1.800.221.9295.**

