

ALCOHOL AWARENESS MONTH

APRIL 1ST-30TH

AWARENESS

In the United States:



- Alcohol is the most commonly used addictive substance
- Nearly 17 million adults have an alcohol abuse disorder
- Half of all adults have a family history of alcohol abuse or dependence
- 7.5 million children live in households with at least one parent who drinks too much
- More than 140,000 Americans die each year from excessive alcohol use

SIGNS

Signs of a drinking problem include:



- Using alcohol as a reward or to cope
- A high volume of consumption
- Making excuses for how much they drink
- Unsuccessful attempts at quitting or cutting back
- An increase in tolerance - they require more alcohol to get the desired effect
- They consistently drink more and for longer than intended

HELP

How to help someone who's dealing with a drinking problem:



- wtcsb.org - WTCSB's Mental Health First Aid course gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.
- myrelationshipwithalcohol.com - Take a short quiz to see if you or someone else shows patterns of problem drinking
- niaaa.nih.gov - The National Institute on Alcohol Abuse and Alcoholism website offers tools to help you figure out if your or someone else's drinking is a problem