

Wellness by the Month

ALCOHOL AWARENESS

What you need to know

People who drink should:

- drink in moderation and know their limit
- avoid drinking while pregnant
- avoid drinking when taking medication
- drink slowly
- alternate alcoholic drinks with non-alcoholic beverages

Signs of a drinking problem

- Spending more money on alcohol
- Increased drinking
- Personality changes
- Decreased job performance
- Health problems

If you have concerns about your use of alcohol, HAP members may contact our Coordinated Behavioral Medicine Department at 1-800-444-5755 **anytime** for a referral to a behavioral specialist.

More information on alcohol can be found at the following web sites:

www.alcoholics-anonymous.org – a twelve step program for self-help for those wanting to quit drinking

www.al-anon.org – (1-888-4AL-ANON) – helps families of alcoholics recover from the effects of living with a problem drinker. Al-ateen is geared for young people and sponsored by Al-anon.

www.ncaad.org

www.niaaa.nih.gov