

Facts About Drinking

Problem Drinking Can Be:

- For men:**
- ➔ more than 14 drinks a week
 - ➔ more than 4 drinks per occasion
- For women and everyone over age 65:**
- ➔ more than 7 drinks a week
 - ➔ more than 3 drinks per occasion



Tips to help you cut down or stop drinking.

- Talk to your doctor
- Write down why you want to cut down or stop drinking
- Write down your drinking goal and keep it handy
- Set a drink limit and stop when you reach it
- Keep only a small amount or no alcohol in your home
- If you do drink, drink slowly (1 drink an hour)
- Join a support group
- Find ways to cope with stress
- Be physically active
- Avoid people who drink a lot
- Avoid going to bars if possible
- Take all medicine as prescribed



Problem drinking is treatable. Talk to your doctor.

For help 24 hours a day,
call 1-800-LifeNet (1-800-543-3638) or call 311 and ask for LifeNet.