

APRIL IS ALCOHOL AWARENESS MONTH



While many adults in New York City drink without negative consequences, about 30 percent of New Yorkers who drink report risky drinking.

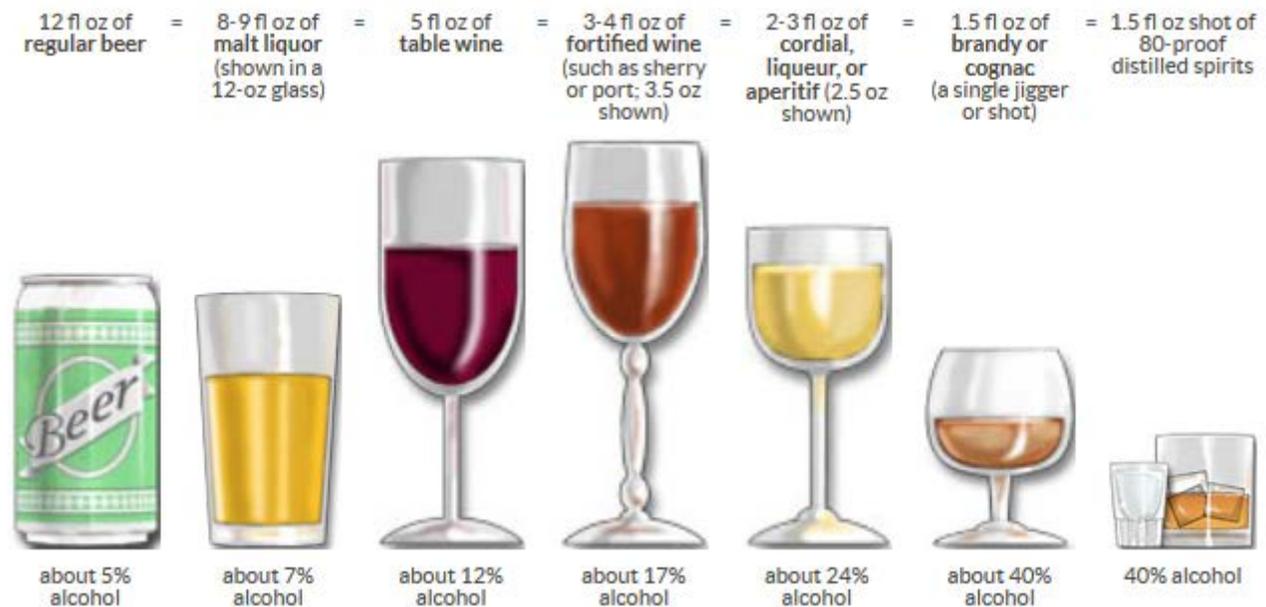
Most people who drink have no cause for concern. However, the more drinks consumed in one day and the more heavy drinking days over a period of time, the greater the risk of **negative consequences**. Excessive drinking increases the risk of acute problems, such as fights and falls, and long-term health conditions, such as cancer, fetal alcohol spectrum disorders, hypertension, liver disease, depression and dementia.

HOW CAN PEOPLE TELL IF THEIR DRINKING IS RISKY?

A standard drink may be smaller than you think. Click [here](#) to learn more about serving sizes and how they add up. Drinking more than the amounts shown below is considered excessive or risky:

Low-risk drinking limits		MEN	WOMEN
	On any single DAY	No more than 4 drinks on any day	No more than 3 drinks on any day
	Per WEEK	No more than 14 drinks per week	No more than 7 drinks per week
** AND **			
<i>To stay low risk, keep within BOTH the single-day AND weekly limits.</i>			

Some people should not drink at all based on their age, health status or family history of alcohol use disorder. **Avoid alcohol if you are pregnant, taking medications that interact with alcohol, or under 21.**



HOW CAN PEOPLE REDUCE THEIR RISK OF EXCESSIVE DRINKING?

Small changes can reduce the risk of both chronic and acute alcohol-related problems. Different strategies can help different people stay within safe limits. Here are a few suggestions:

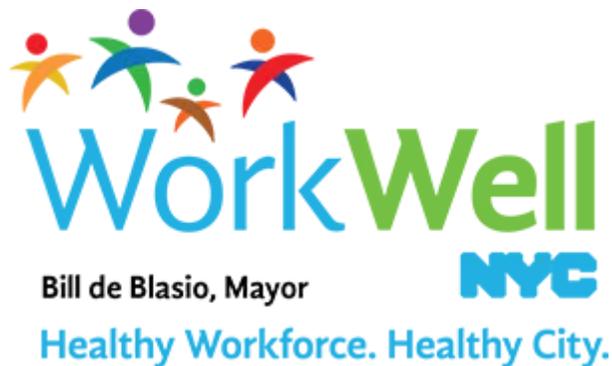
- ✓ **Track how much you drink**, and when (i.e., days of the week and times of day) and where you drink more.
- ✓ **Set goals** for how many drinks you'll have and write these goals down before you drink.
- ✓ **Space your drinks out over time.** Eat food and drink non-alcoholic drinks in between alcoholic drinks.
- ✓ **Learn a new skill** or invite a friend to join you in **non-drinking activities**.

HOW CAN I LEARN MORE ABOUT ALCOHOL AND HEALTH?

You can learn more about alcohol and health [here](#). Also, the following resources are available:

- ✓ If you're not sure whether your drinking is excessive, you can take this [quiz](#).
- ✓ If you or a loved one have trouble with alcohol or other drug use, talk to your doctor or seek help from a mental health professional.

- ✓ Call the **NYC Employee Assistance Program (EAP)** for help. The EAP offers free and confidential assistance to employees and family members. If treatment is necessary, the EAP can assist in making a referral to a provider that is **covered by your health benefits**. The EAP can be reached at **212-306-7660** or by email at eap@olr.nyc.gov.
- ✓ You can also find help by contacting **NYC Well**, a free, confidential helpline, available 24/7: call **1-888-NYC-Well** or text **"WELL"** to **65173**.



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