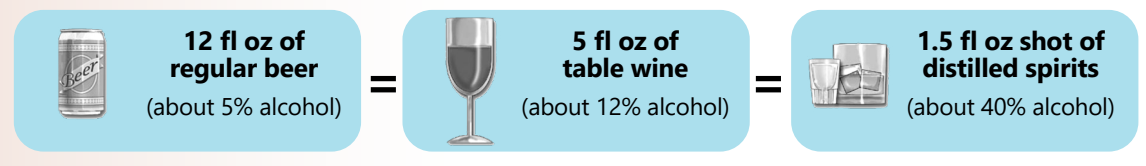


Tips to Cut Down on Your Drinking

Monitoring your alcohol use can help you prevent risks to your health and wellness (such as accidents, liver disease, cancers, etc...)

- **Avoid situations and triggers** that may cause you to drink.
- **Record how much you drink** each day.
- **Pace your drinking.** Have no more than **one standard drink*** per hour.
- **Set a daily and weekly drinking limit.** Write down your limit and keep it with you.
- **Ask someone you trust** to help you stay within your limit.
- **Speak with your health care provider** and/or seek treatment for your alcohol use.

* One standard drink



Alcohol Resources



Finding Quality Treatment for Substance Use Disorders

This fact sheet serves as a guide for individuals seeking behavioral health treatment. It provides three necessary steps to complete prior to utilizing a treatment center and the five signs to finding a quality treatment center.

<http://bit.ly/FindingQualityTx>



Faces of Change: Do I Have a Problem With Alcohol or Drugs?

This resource explores the lives of five characters living with different substance use disorder conditions. It illustrates the stages of change and the value of treatment, recovery, and motivational incentives. It also includes a change plan worksheet.

<http://bit.ly/SMA15-4174>



Rethinking Drinking, Alcohol & Your Health

This website discusses the importance of being aware of how much you are drinking and the harm that drinking can cause. It also explains strategies for reducing your consumption and support for quitting.

<https://www.rethinkingdrinking.niaaa.nih.gov>



Treatment for Alcohol Problems: Finding and Getting Help

This guide is written for individuals, and their family and friends, who are looking for options to address alcohol problems. It is intended as a resource to understand what treatment choices are available and what to consider when selecting among them.

<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/treatment-alcohol-problems-finding-and-getting-help>



Multiple Pathways of Recovery: A Guide for Individuals and Families

This guide has been developed to promote and explore the varied pathways of recovery. While comprehensive, this guide can not possibly contain all avenues to recovery.

<https://files.hria.org/files/SA5826.pdf>