

TIPS ABOUT ALCOHOL

"How do I know if I have an alcohol problem?"

Chances are, if you're asking the question, you have a drinking problem. But here are some other factors:

Inability to control your drinking. It seems that regardless of what you decide beforehand, you frequently wind up drunk.

You use alcohol to escape your problems.

When drunk, you change from your usual reserved character to the "life of the party."

A change in personality. Does drinking turn you from "Dr. Jekyll" to "Mr. Hyde?"

You have a high tolerance level. You can drink everyone under the table.

You experience blackouts. Sometimes, you don't remember what happened when you were drinking.

Problems at work or in school as a result of your drinking.

Concern shown by your friends and family about your drinking.

If you have a drinking problem, or if you suspect that you have a drinking problem, remember that there are many others out there like you and that there is help available. Talk to a counselor, a friend or your parents.

"What if my FRIEND has a drinking problem?"

Don't be judgmental or preachy. Remember, alcoholism is a disease.

Be willing to listen.

Voice your concern about your friend's drinking. But don't ever do it while your friend is under the influence!

Offer your help. Go to an Alcoholic's Anonymous meeting with your friend or offer to get them educational materials.

Be encouraging and positive if your friend takes some initiative.