

# Do You have Questions?

People may drink to socialize, celebrate, or relax. Alcohol often has a strong effect on people—and throughout history, people have struggled to understand and manage alcohol's power.

Why does alcohol cause people to act and feel differently?

How much is too much?

Why do some people become addicted while others do not?

## Thinking about a change?

The decision to change your drinking is up to you. Mixed feelings are normal. It can help to weigh your pros and cons. Don't wait to "hit bottom," as changing sooner rather than later is always better.

**Pros & cons-** What are your reasons for and against making a change?  
**Ready or not?** See what to do if you're not quite ready to change your drinking.  
**To cut down or to quit.** Consider which is best for you.  
**Planning for a change.** A "change plan" helps you solidify your goal and how



**Binge drinking** is a pattern of drinking that brings blood alcohol concentration (BAC) to 0.08 percent or higher.

**Heavy alcohol use** is defined as more than 4 drinks on any day.

**Drinking excessively**, which includes binge drinking and heavy alcohol use, increases your risk of harmful consequences, including Alcohol Use Disorder.

### Strategies for Cutting Down

Small changes can make a big difference in reducing your chances of having alcohol-related problems. Whatever strategies you choose, give them a fair trial. If one approach doesn't work, try something else.

Here are some strategies to try, and you can add your own at the end.

**Keep track.**

**Count and measure.**

**Set goals.**

**Find alternatives.**

**Avoid "triggers."**

### Support for Quitting

#### Choose your approach

One size does not fit all—choose the approach that's best for you.

#### Self-help strategies for quitting

Recognize risky situations, avoid them if possible, and cope if you can't avoid them.

#### Social support

Get help from family, friends, and support groups.

#### Professional help

Options now include medications your regular doctor can prescribe as well as counseling and intensive specialty programs.

If you or a family member struggles with alcohol abuse contact Alpine County Behavioral Health Services.

**530-694-1816**

5432 Any Street West  
Townsville, State 54321  
Phone 555.543.5432  
Fax 555.543.5433