

April is National Alcohol Awareness Month

Try an alcohol free night with a Mocktail!

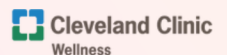
- 2 lime wedges
- 2 oz cranberry juice
- 6 oz Ginger Beer
- Squeeze one lime wedge into glass. Fill 2/3 full with ice. Top with cranberry juice and ginger beer. Garnish with other lime wedge.

Signs of alcohol misuse:

- **Increased Tolerance:** Needing more alcohol to achieve the same effects previously experienced with smaller amounts.
- **Withdrawal Symptoms:** Experiencing withdrawal symptoms such as tremors, sweating, nausea, or anxiety when not drinking.
- **Neglecting Responsibilities:** Prioritizing drinking over responsibilities at work, school, or home.
- **Relationship Issues:** Experiencing conflicts or strain in relationships due to alcohol use.
- **Legal Problems:** Getting into legal trouble due to behaviors related to alcohol consumption, such as driving under the influence.
- **Physical Health Problems:** Experiencing health issues such as liver damage, gastrointestinal problems, or blackouts due to alcohol use.
- **Decreased Interest in Hobbies:** Losing interest in activities or hobbies that were once enjoyable.
- **Secretive Behavior:** Hiding alcohol consumption or lying about the amount consumed.
- **Continued Use Despite Negative Consequences:** Persisting with alcohol use despite experiencing negative consequences in various areas of life.
- **Increased Isolation:** Withdrawing from social activities or spending more time alone to drink.

If you or someone you know struggles with addiction or alcohol misuse, please call

Lifestyle EAP at 800.989-3277
or SAMHSA 1-800-662-HELP (4357)



LIFESTYLE EAP
Wellness at Work