

April is National Alcohol Awareness Month

# Alcohol Facts

- Approximately 10.5% (7.5 million) of U.S. children ages 17 and younger live with a parent who has alcohol use disorder
- Beer, wine, and liquor all have different amounts of alcohol.
- 95,000 Americans die annually from alcohol related deaths
- 10.5k drunk driving deaths annually in the US.

## Try an alcohol free night with this Paloma mocktail!

- 1.5 oz lime juice
- 1 oz grapefruit juice
- 1 oz agave syrup
- Healthy pinch of sea salt
- Combine ingredients in a cocktail shaker and shake with ice. Strain over ice into a glass and top with soda.

### For More info/Help Contact:

Call Lifestyle EAP at 800.989-3277

or SAMHSA 1-800-662-HELP (4357)

## Signs of alcohol misuse:

- Poor coordination
- Slurred speech
- Impaired thinking
- Memory impairment
- Wanting to stop drinking but not managing to do so
- Diverting energy from work, family, and social life in order to drink
- Being secretive about the extent of the alcohol misuse in order to protect it