

Warning Signs

If you agree with *more than one* of these statements, get help.

When it comes to alcohol, I:

- ✗ Find my drinking effects school or work.
- ✗ Get mad when told I have a drinking problem.
- ✗ Lie about my drinking.
- ✗ Have had a loss of memory or passed out due to drinking.
- ✗ Take pride in holding my liquor.
- ✗ Realize that most of my social life involves alcohol.
- ✗ Drink to feel better.
- ✗ Prefer drinking alone.
- ✗ Binge drink.
- ✗ Have gotten drunk even when I did not mean to.
- ✗ Have gotten into trouble while drinking.
- ✗ Have tried to stop and failed.



Concerned About Someone?

Give them this brochure with your highlights.

Offer your help and support.



For Confidential Help and More Information

HopeWorks

(860) 561-1175, ext. 703
hopeworkscentral@snet.net

Alcoholics Anonymous

(860) 282-5924
www.alcoholics-anonymous.org

The Online Intergroup of Alcoholics Anonymous

www.aa-intergroup.org

AlAnon and Alateen

(888) 825-2666
www.al-anon.alateen.org

~ ~ ~ ☆ ~ ~ ~

Contributions to HopeWorks

We rely on the generosity of people like you in order to continue offering our services. **All contributions** are very gratefully accepted.

HopeWorks is a 501(c)(3) organization.

Copyright © HopeWorks, Inc.
All Rights Reserved

Inventory # PI:SA-ALCH Workbook # 5.3 6/20/2005

Facts About Alcohol

Reality is the first casualty in addiction....
Floyd Garrett, MD



90 North Main Street
West Hartford, CT 06107
(860) 561-1175
Email: hopeworks@snet.net
www.hopeworkscentral.org



Providing hope and help to young people and their families through counseling and education

Alcohol Can Cause. . .

Among other things, alcohol can cause:

➤ Depression and Mood Fluctuations

Alcohol creates unpredictable behaviors including hostility, paranoia, euphoria, and suicidal actions.

➤ Damaged Relationships

Drinker's unpredictable emotions and harsh judgments of others result in confusion and betrayal.

➤ Distorted Life Styles

Serious drinkers either hang out with other drinkers or drink secretly.

If you find drinking difficult to give up, get help.

It will only get worse.



Serious Medical Consequences Include

- ⊗ Cancer - Long-term use can cause cancer of the stomach, liver, mouth, esophagus, and throat.
- ⊗ Blackouts - Blackouts indicate brain damage due to toxic levels of alcohol.
- ⊗ Unhealthy Blood Sugar Levels - Fluctuations in blood sugar can cause and dangerously impact diabetes.
- ⊗ Withdrawal - Symptoms include nausea, insomnia, irritability, and the shakes lasting for days.

Sometimes medically supervised detox is required for the drinker's safety.

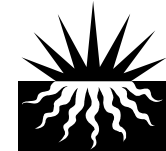
. . . More Problems

➤ Poor Decision Making

Distorted perceptions and slow reactions can result in accident or death.

➤ Denial

Drinkers become fixed on the idea that alcohol is harmless, even when the problems are obvious. They tell themselves, "Everyone does it. It's legal. I can control it."



Alcoholism is a serious and progressive disease recognized by the American Medical Association.