

Watch for Alcohol Problems

Most people can have a drink from time to time without any problems. This is okay. Some people drink too much and it causes problems on their job, at school or with the people they love.

Signs of an Alcohol Problem

You or someone you know could have a drinking problem if you:

- Needing to drink in order to relax or feel better
- Feel guilty or embarrassed about drinking
- Lie about drinking
- Have friends or family that worry about your drinking
- Black out or don't remember what happened when drinking
- Drink more than planned
- Have tried to cut back or stop drinking, but could not do it

Regardless of whether those signs/symptoms exist, if drinking causes problems in your life then you have a drinking problem.



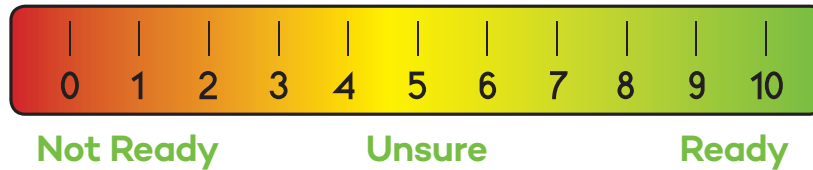
More Severe Symptoms

Some people who have alcohol problems have the signs listed above plus more severe symptoms. They may also:

- Get sick if they cannot drink
- Feel grumpy, shaky or start to sweat when the alcohol begins to wear off
- Throw up without alcohol in their body

How Ready are You to Make a Change?

People who have alcohol problems, including those with more severe symptoms, can get help and recover. The question is— how ready are you to change?



Learning how to stop drinking will take time. You have to decide to stop for yourself. No one can decide for you. Even if you aren't sure if you're ready to stop drinking, you can get help from a therapist. A therapist can help you work through your feelings and address other stressors in your life.

Here are the first steps to getting sober:

- 1. Admit you have a problem.**
- 2. Get help.** You may go to a rehab program, a self-help program or see a therapist.
- 3. Treat other problems.** Some people drink to cover up depression, bipolar disorder, work stress or other problems. If you want to be sober for good, get help from your doctor or therapist.



How Much is Too Much?

It can be hard to know when someone is drinking too much. Everyone is different. Here is a general guide to help you decide.

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| Men | More than 14 drinks in a week, or more than 5 drinks in 2 hours. |
| Women | More than 7 drinks in a week, or more than 4 drinks in 2 hours. |
| People over age 65 | More than 7 drinks in a week, or more than 2 drinks a day. |

We're Here for YOU!

If you are ready to make a change and need help getting started, call us at **1-800-578-0603 (TTY: 711)**. We want to help you!

Source: Mayo Clinic Alcoholism Handout, www.helpguide.org