

## News Flash: *One in ten people become addicted to alcohol*

### Did you know...

- One drink =
- One 4 oz glass of wine
- One 12 oz beer
- One 1.5 oz hard liquor



There is no known cure for the hangover. Heavy drinking during non-working hours can result in impaired functioning at work.

1. Have you ever thought you should cut down on your drinking?
2. Has anyone else expressed concern about your drinking?
3. Do you feel guilty about your drinking or anything you've done while drinking?
4. Have you exceeded your limit or drank more than you intended to?

If you answer YES to any of these questions, contact your EAP for confidential assistance.

#### Resource links:

- [www.alcoholscreening.org](http://www.alcoholscreening.org)
- [www.jointogether.org](http://www.jointogether.org)
- [www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org)

For concerned family members and friends:

- [www.al-alon.alateen.org](http://www.al-alon.alateen.org)
- [www.family.samhsa.gov](http://www.family.samhsa.gov)

**Nine out of ten people can drink alcohol with little or no problem. No one chooses to lose control over drinking or wants to become an alcoholic.**

*Alcoholism is a disease.*

According to the American Medical Association and the World Health Organization, alcoholism is classified as a disease because it's a condition with predictable signs and symptoms.

Early symptoms of impairment are behavioral. With the first drink, alcohol impacts the brain and central nervous system leading people to say and do things they would never do without the alcohol.

The progression of the disease can result in problems at home and at work, with serious financial and legal consequences and health risks.



Help is just a phone call away. Our professional counselors provide confidential guidance, support and education when it comes to the use and abuse of alcohol and other drugs. Whether you are concerned about your own use or concerned about a loved one, reach out to Workplace Solutions.