



BJA
Bureau of Justice Assistance
U.S. Department of Justice

Got a Minute?



Do you binge drink?

Do you end up drinking more than you intended? Have you tried unsuccessfully to reduce your drinking or to stop drinking altogether? Do you drink even though it makes you depressed or anxious? Are you drinking more frequently? Do your loved ones avoid you or tell you that you embarrass them when you drink? Are you using alcohol to cope with depression, anxiety, or post-traumatic stress disorder?



Data

Alcohol¹ can:

- Increase the risk of chronic diseases
- Impair learning and memory problems
- Increase the risk of depression and anxiety
- Create dependency and addiction
- Interfere with job performance and personal relationships
- Be used as an unhealthy coping mechanism

If you have a hard time saying no to alcohol or if it is having adverse effects on your life, you may have a problem. If your gut feeling tells you that you have a problem, listen to your instincts. And if your family and friends are telling you that your drinking creates problems, listen to them, too. They care about you!



Resources

Reach out! Help is available. There are many confidential resources to help with substance abuse related to alcohol. You can reach out to your agency's Employee Assistance Program (EAP), outside addiction centers, or hotlines. You can also talk to a trusted friend or partner.

The Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline: 1-800-662-4357

Mutual-Support Groups: Find local support through Alcoholics Anonymous at www.aa.org.

¹ Alcohol Use and Your Health, Centers for Disease Control and Prevention (CDC). <https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>.



Agency EAP:

Agency Chaplain:

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Visit valorforblue.org and safleo.org for additional resources on alcohol abuse.