



Do you binge drink?

Do you drink even though it makes you depressed or anxious or adds to another health problem?

Are you using alcohol to cope with depression, anxiety, or post-traumatic stress disorder?



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.¹

And if your family and friends are telling you that your drinking creates problems, listen to them, too. They care about you!

Reach out! Help is available. Consult with your agency's Employee Assistance Program (EAP), outside addiction centers, or addiction 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:

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