

Break free from alcohol

Deciding to quit is a big step. Following through is just as important. Quitting alcohol or drugs, or both, isn't easy, but others have done it, and you can too. Your health matters!



Ask yourself

Men, how many times in the past year have I had 5 drinks or more in a day?

Women, how many times in the past year have I had 4 drinks or more in a day?

If your answer is one or more times a year, you have a problem with alcohol.

Here's what you'll get when you quit

- 1 Lowered risk for liver disease
- 2 Lowered risk for cancer, heart disease, and diabetes
- 3 Lowered risk for car accidents and falls
- 4 Improved sex life

HOW TO KICK THE HABIT

✔ Discuss with your Brown & Toland Provider

Your provider can provide counseling and support in your journey to improve your health. Discuss if you need medications to help you successfully quit.

✔ Set your Quit Day

Pick the date, mark it on your calendar, and share it with friends and family.

✔ Know your triggers

Triggers are any event, place, thing, smell, person or thought that can set off a craving to drink alcohol. Make a list of things to do when a trigger happens.

✔ Look for additional support

- Tell your family, friends, and co-workers.
- Join a local AA group.
www.aa.org/pages/en_US/find-aa-resources
- Visit the Substance Abuse and Mental Health Services Administration or call a help line.
www.samhsa.gov/find-help/national-helpline