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BLOG

Checking in on Your Drinking: Drinks, Screens and Signs

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Questions to Ask Yourself

- Do I often drink more than I meant to?
- Have I tried to cut back and could not?
- Has drinking crowded out things I enjoy?

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Know Your Numbers

- Women: 4+ drinks a day or 8+ a week
- Men: 5+ drinks a day or 15+ a week
- Binge: 0.08% blood alcohol or higher

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Next Steps

- Talk with a provider, without shame
- Daily heavy drinking? Do not stop suddenly
- Thoughts of suicide? Call or text 988

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Read the full article

Signs of Alcohol Use Disorder: The AUDIT-C, the Single Question and the 11 Signs

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General information, not medical advice. Your provider can tell you what is right for you. If someone may be overdosing, call 911 and give naloxone if you have it.