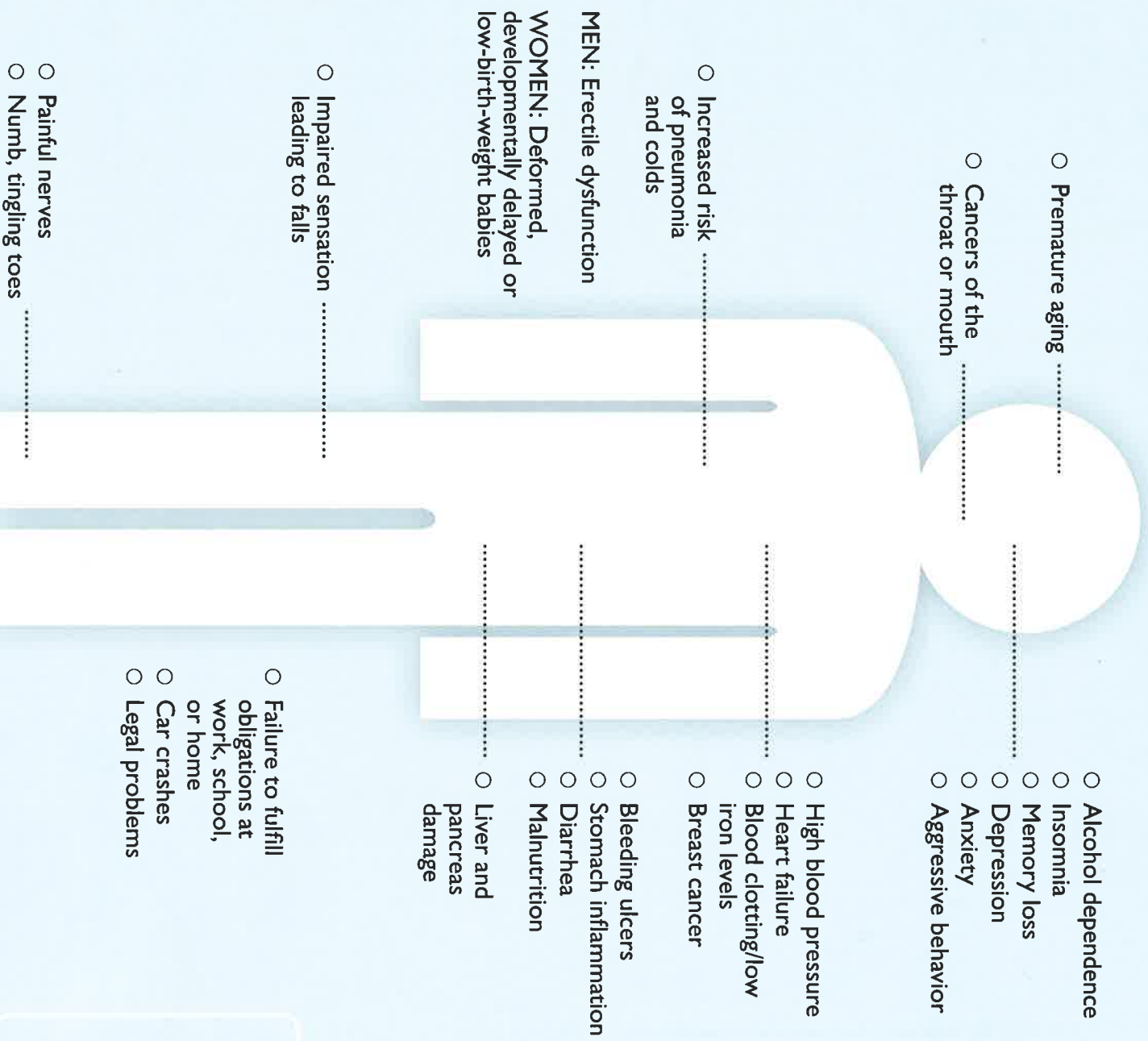


Alcohol / know the facts

What are the risks of drinking too much?



What is a standard drink?



Low-risk drinking guidelines

	Per Day	Per Week
Men	4	14
Women	3	7
All 66+	3	7

- If you drink more than this, ask your doctor about ways to cut down.
- Avoid alcohol if pregnant or under 21.

Need help?
 For free referrals and emotional support:
 Washington Recovery Help Line
 1-866-789-1511
 Teen Link
 1-866-833-6546

How does your use affect you?
 Check yourself at www.alcoholscreening.org

Washington Recovery Help Line
 24hr Help for Substance Use Disorder, Mental Health, and Family Support
 866-789-1511
www.warecoveryhelpline.org

wasbirt.pci
 Screening, Brief Intervention and Referral to Treatment
 Primary Care Integration
www.wasbirt.com

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