

You Are Not Alone

While many adults drink socially, about 1 in 8 U.S. adults meet the criteria for alcohol use disorder, according to The Journal of the American Medical Association. Alcohol misuse or problem drinking can be genetic, but factors such as living with depression or anxiety can also make someone more likely to become dependent on alcohol.

Alcohol misuse doesn't discriminate

Anyone can fall into unhealthy drinking habits. It's time to seek help when you're having difficulty controlling your drinking, drinking large quantities at a time, or starting to feel withdrawal symptoms when you don't drink. Problem drinking often interferes with your performance at work, impacts your personal relationships, or puts others' or your own safety at risk. Fortunately, help is available.

Things that can help:



Exercise



Social
Supports



Nutrition



Stress
Reduction



Sleep

Treatment Works

If you are concerned about your, a family member's, or a friend's drinking habits, you can talk to someone by calling **1-800-237-8255** or texting "HOME" to **741741**.

To learn more about problem drinking and where to find help, visit:

- [National Institute on Alcohol Abuse and Alcoholism](#)
- [U.S. Department of Health and Human Services' HealthFinder](#)
- [Substance Abuse and Mental Health Services Administration](#)

You don't have to be suicidal to use a crisis line – speak to someone about how you're feeling or if you're worried about a loved one by calling or texting a crisis line.

Contact the Crisis Text Line by texting 'TALK' to **741741**

Call the Suicide Prevention Lifeline at **1-800-237-8255**