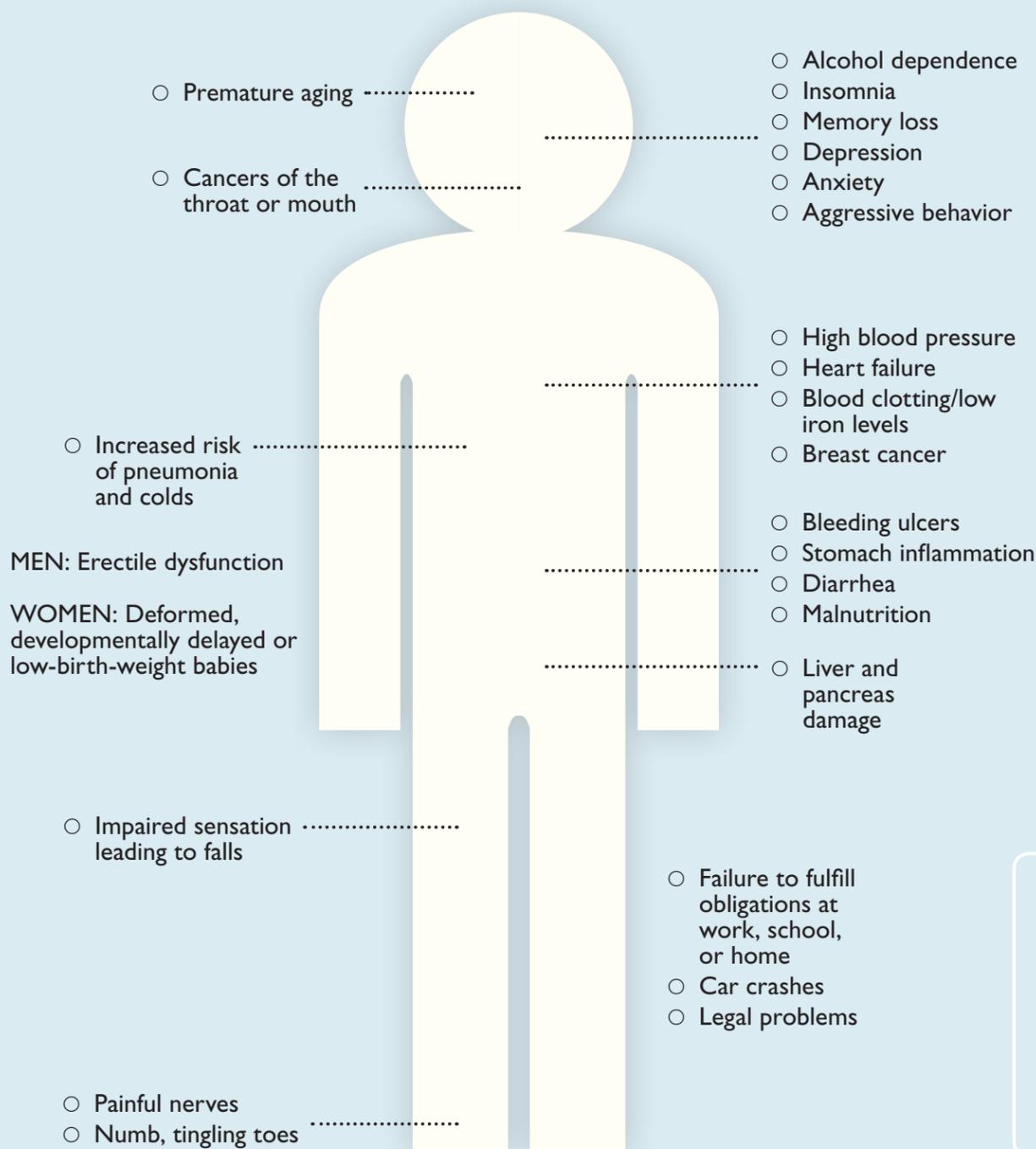


Alcohol *know the facts*

What are the risks of drinking too much?



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

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.

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

Washington Recovery Help Line
 24-Hr Help for Substance Abuse, Problem Gambling & Mental Health
866-789-1511
www.waRecoveryHelpLine.org

wasbirt
www.dshs.wa.gov/wasbirt

Washington State Department of Social & Health Services
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