



A hangover is the least of your worries.

More than 1 or 2 drinks per day increases your risk of stroke and cancer.

If you think you may have a problem with alcohol or drugs, there is help. You are not alone.



Help for Alcohol & Drug Problems

Someone's addiction can affect many people. People that use alcohol, tobacco and drugs, including prescription drugs can become addicted. Problems with alcohol and other drugs can make you miserable; as well as, others in your life.

Do You Have an Alcohol Problem?

- C** Have you ever felt you should **Cut** down on your drinking?
- A** Have people **Annoyed** you by criticizing your drinking?
- G** Have you ever felt bad or **Guilty** about your drinking?
- E** **Eye opener:** Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover?

Two positive responses mean that a further assessment by a professional would be helpful.

Do You Have a Drug Problem?

1. Have you used drugs other than those required for medical reasons?
2. Have you abused prescription drugs?
3. Can you get through the week without using drugs?

Things You Can Do

- Admitting that you have a problem is the first step
- Talk to your doctor or counsellor
- You can go to a meeting at Alcoholics Anonymous or Narcotics Anonymous
- Think about the advantages and disadvantages of using alcohol and/or drugs

Prevention

- Exercise regularly to build your strength
- Develop a list of activities that you find relaxing
- Eat good basic foods; see fact sheet on Healthy Eating & Food Security
- Treat yourself kindly and don't push beyond your limits; see fact sheet on Coping with Stress
- Avoid bars and parties where alcohol is being served

Is someone's alcohol and drug use affecting your life?
There is help.

Call Al-Anon Alateen Family Groups: 622-1906
www.al-anon.alateen.org



Help for

Alcohol & Drug Problems



Low Risk Drinking

- 0 drinks - the lowest risk of an alcohol-related problem
- 2 drinks - no more than 2 standard drinks on any given day
- 9 drinks for women - no more than 9 standard drinks a week
- 14 drinks for men - no more than 14 standard drinks a week

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Where to Find Help

Thunder Bay Counselling Centre 544 Winnipeg Ave. www.tbaycounselling.com	684-1880
Sister Margaret Smith Centre St. Joseph's Care Group 301 Lily St. N. www.mha.sjcg.net	684-5100
Northwestern Ontario Concurrent Disorders Program (St. Joseph's Health Centre) 710 Victoria Ave. E. www.sjcg.net	624-3400
Alcoholics Anonymous (24 hour answering service) www.alcoholics-anonymous.org	623-1712
NorWest Community Health Centres 525 Simpson St. www.norwestchc.org	622-8235



www.norwestchc.org • 1-866-357-5454 (toll free)