

Common Symptoms of a Drinking Problem

Problem Drinking Can Be:

- For men:**
- ➔ more than 14 drinks a week
 - ➔ more than 4 drinks per occasion
- For women and everyone over age 65:**
- ➔ more than 7 drinks a week
 - ➔ more than 3 drinks per occasion



You may have a drinking problem, if you:

- Have “hangovers” or “blackouts” (memory loss)
- Drink first thing in the morning to stop feeling “shaky”
- Drink alone
- Have been arrested for drinking or DUI/DWI
- Lie about drinking or hide alcoholic beverages
- Are late or miss days at work or school because of drinking
- Make promises to stop drinking, but can’t stop
- Become annoyed or angry when asked about your drinking

Problem drinking is treatable. Talk to your doctor.

For help 24 hours a day,
call 1-800-LifeNet (1-800-543-3638) or call 311 and ask for LifeNet.