

Help is Available for Alcohol Use



You are not alone

Many of us use alcohol and struggle to reduce or stop our use.

Changing our relationship with alcohol is not about willpower or good intentions. Alcohol Use Disorder is a medical condition with many treatment options.

Treatments can help you meet your goals to reduce:

- cravings
- number of days you are drinking
- how often you are binge drinking
- the amount of alcohol you are drinking overall
- or quit alcohol (abstain)



https://youtu.be/r_oHZDXySyY

Stopping alcohol suddenly without medical support can be life threatening

Talk to a healthcare professional today

There may be **free or low cost** treatment options in your community including:

- Prescription medications
- Individual or group counselling
- Withdrawal management (detox)
- Cultural and spiritual care
- Peer support

Learn More About Safer Drinking

Here to Help Safer Drinking Brochure



<https://qrco.de/SaferDrinking>

Have questions? Can't find what you are looking for?

Call 310-MHSU (6478) interiorhealth.ca



interiorhealth.ca/mhsu

Thank you to the Canadian Alcohol Use Disorder Society (www.cauds.org) and their founder, Dr. Jeff Harries, for their important contribution to this work in Interior Health and in the field of Alcohol Use Disorder treatment.

Call 8-1-1 Healthlink BC www.healthlinkbc.ca	Nurse	24 hours a day	Daily	Call 8-1-1 to speak with a nurse, ask a dietitian about nutrition, or a pharmacist about your medication.
	Dietitian	9 a.m. – 5 p.m.	Mon – Fri	
	Pharmacist	5 p.m. – 9 a.m.	Daily	
	Hearing Impaired	Call 7-1-1		