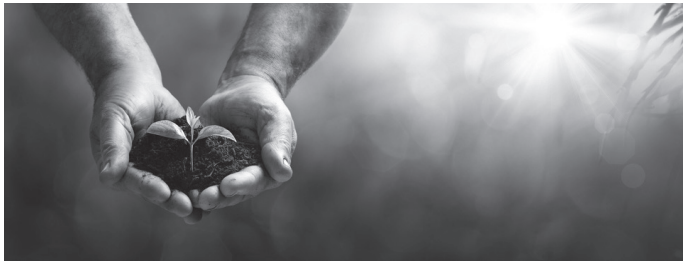


Help is Available for Alcohol Use

Patient Information

www.interiorhealth.ca



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.

Make sure it's safe before you stop drinking:

- If you drink daily, especially more than five drinks a day, quitting suddenly can be unsafe.
- Consult your primary health-care provider or call 310-MHSU (6478) for advice and support.

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

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)

Story of Hope



<https://youtu.be/nCC44vcBMA8>

Alcohol Information



<https://qrco.de/IHAlcoholHub>

Learn More

Learn how alcohol impacts your health and how you can get help

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

Call 310-MHSU (6478)
interiorhealth.ca

Help is Available



<https://qrco.de/Help-With-Alcohol-Use>

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		