

Additional Resources

Alcoholics Anonymous

aa.org

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

Al-Anon

al-anon.org

Al-Anon is a mutual support program for people whose lives have been affected by someone else's drinking. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help.

We're Social!

Connect with us,
anytime, anywhere.



Have you ever?

Have you ever felt like you should cut down on your drinking? Have you ever been annoyed when someone criticizes your drinking? Ever felt guilty about how much you drink? Have you ever had a drink in the morning to steady your nerves?

If you answered "yes" to any of the above questions, you might want to think about your alcohol use and consider its effects on your daily life. These four questions are known as "the CAGE Questionnaire," and it is one of the tools that counselors use to determine whether someone has a problem with alcohol use. Answering "yes" to two or more of the CAGE questions is considered clinically significant and may indicate problematic alcohol use.

Always remember that how much and how often someone drinks are only two factors in determining problem drinking. The drinker must also consider the consequences – among them, physical, emotional, financial, and legal – that alcohol use has on his or her day to day life.

Alcohol use doesn't just affect the problem drinker. Friends, family members, and co-workers can be impacted as well. A person's entire community can feel the weight of that person's dependency on alcohol. If you think you have a problem with alcohol, or if a friend or loved one's alcohol use is impacting your life, consider reaching out to Ulliance for free and confidential assistance with this and any other work-life issue you may be experiencing.