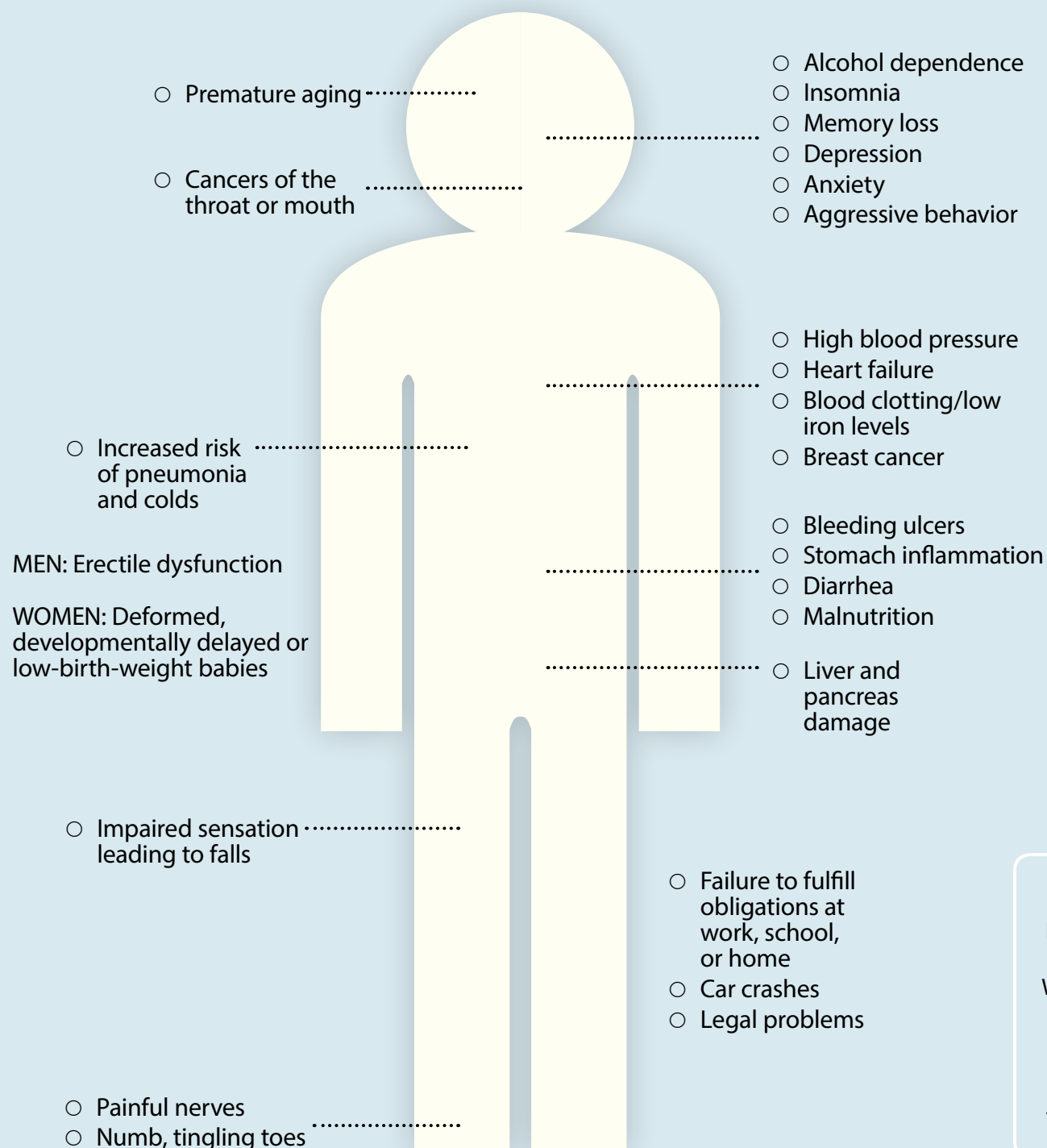


Alcohol

know the facts

What are the risks of drinking too much?



Need help?

For free referrals and emotional support:
Washington Recovery Help Line
1-866-789-1511
Teen Link
1-866-833-6546

What is a standard drink?



Low-risk drinking guidelines

		Per Day	Per Week
Men		4	14
Women		3	7
All 66+		3	7

- If you drink more than this, ask your doctor about ways to cut down.
- Avoid alcohol if pregnant or under 21.

How does your use affect you?
Check yourself at www.alcoholscreening.org

Washington
Recovery Help Line
24-Hr Help for Substance Abuse, Problem Gambling & Mental Health
866-789-1511
www.waRecoveryHelpLine.org

wasbirt
www.dshs.wa.gov/wasbirt

Washington State
Health Care Authority