

WHAT'S  
THE  
HARM?

# ALCOHOL AWARENESS MONTH

## What is Alcohol Misuse?

National Institute on Alcohol Abuse and Alcoholism **defines heavy drinking** as:

- **For women**—four or more drinks on any day or eight or more per week
- **For men**—five or more drinks on any day or 15 or more per week

Alcohol misuse, including binge and heavy drinking, **raises the risk of harmful consequences**, increasing with the amount consumed daily and over time.

## What are those harms?

There is a wide range of short- and long-term consequences associated with alcohol misuse. **For some individuals, any amount of drinking could be potentially harmful.** Examples of harm include but are not limited to:

**Fatalities and injuries**

**Alcohol-related blackouts**

**Health problems like depression, liver disease, and cardiovascular diseases**

**Birth defects**

**Alcohol Use Disorder (AUD)**

## What is AUD?

Alcohol Use Disorder (AUD) is characterized by the inability to control alcohol consumption despite negative consequences. It ranges from mild to severe and may be referred to as "alcohol abuse" or "alcoholism." AUD can cause lasting brain changes that heighten relapse risk. However, most individuals can find relief through various treatment options, including behavioral therapies and medications.

Take a moment to reflect on whether you identify **any of these symptoms**—or others like feelings of sadness, dysphoria, or discomfort—within yourself.

# KNOW YOUR RESOURCES FORT WORTH - DALLAS

## HSC Campus

- **Care Team: Student Advocacy & Non- Clinical Case Management**
  - On Call Care Team Phone: 817-735-2740
  - Email: CARETeam@unthsc.edu
  - Website: <https://www.unthsc.edu/care-and-civility/care-team/>
- **HSC Student Health Clinic: Medical and Psychiatric Services**
  - Phone: 817-735-5051
  - Website: <https://www.unthsc.edu/students/student-health/>
- **Drug Free Schools and Communities Act (DFSCA): HSC Standards of Conduct, Disciplinary Actions, Health Risks, & Resources**
  - Division of Student Affairs Phone: 817-735-2505

## Fort Worth - Dallas

- **Mental Health Association of Tarrant County**
  - Phone: 817-335-3022
  - Website: <http://mhatc.org/>
- **Dallas Intergroup Association Alcoholics Anonymous (AA)**
  - Phone: 214-887-6699
  - Website: <https://www.aadallas.org/wordpress/meetings/>
- **Fort Worth Central Office of Alcoholics Anonymous (AA)**
  - Phone: 817-332-3533 or 800-396-1602
  - Website: <http://fortworthaa.org/>
- **Tarrant County Crisis Helpline MHMR Tarrant**
  - Phone: 800-866-2465
  - Website: <https://www.mhmrtarrant.org/crisis-services/>

# KNOW YOUR RESOURCES NATIONAL

## Nation-Wide

- **Alcoholics Anonymous (AA) World Services**
  - Phone: 212-870-3400
  - Website: [www.aa.org](http://www.aa.org).
- **Al-Anon Family Group Headquarters - Support group for family**
  - Phone: 1-888-425-2666
  - Website: <http://al-anon.org/newcomers/teen-corner-alateen/>
- **Narcotics Anonymous (NA) World Services**
  - Phone: 818-773-9999 Ext. 771
  - Website: <https://www.na.org/>
- **National Institute on Alcohol Abuse and Alcoholism (NIAAA)**
  - Phone: 301-443-3860
  - Website: <https://www.rethinkingdrinking.niaaa.nih.gov/>
- **SAMHSA Behavioral Health Treatment Services Locator**
  - Phone: 800-662-4357
  - Website: <https://www.samhsa.gov/find-help/national-helpline>

## Check Your Drinking

Curious about your drinking? Take this quick, interactive self-test. The test will provide nonjudgmental feedback on your habits.



[auditscreen.org](https://auditscreen.org)