

Why Do People Drink?

Students give many different reasons why they may drink. Some students say they drink because of peer pressure and to be part of a crowd. Some use alcohol to avoid difficult situations that may arise at school and work and with family and friends. Others use alcohol to avoid uncomfortable feelings, like anxiety or sadness. Anyone who drinks runs the risk of developing an alcohol problem. A serious problem can develop quickly, especially among college students.

What Effects Can Alcohol Have On Me?

Because of the social stigma associated with alcoholism, family and friends of alcoholics may display their own addictive behaviors. Being related to an

alcoholic or living with an alcoholic puts one at greater risk for alcoholism and other addictions, including gambling and overeating. Finally, family and friends who are close to an alcoholic often take on their responsibilities, attempting to function for them in ways that are often unhealthy. This is commonly known as **codependency**.

ling grades) or at work (e.g. being late)?

Do you drink to escape your problems?

When you drink, do you get very emotional?

Do you ever have memory loss or blackouts due to drinking?

When you drink, do you often get drunk even when you did not mean to drink to excess?

Do you find that you have to drink more and more to get the same effect?

Do you get into trouble with the law or injure yourself when you drink?

If you answered "yes" to one or more of these questions, you may have a drinking problem. If you have a drinking problem, or suspect that you have one, there are many others out there like you. As a matter of fact, more than 10 million people suffer from alcoholism.

How Can I Get Help?

Help is available and easy to find! There are many different types of treatments to help those whose lives are affected by alcohol. For severe alcohol addictions, there are detoxification programs that require the alcoholic to stay in a hospital or a treatment center. There are also programs that treat the problem at a clinic that the patient can attend daily. Once the physical addiction is addressed, follow-up treatment is always recommended.

therapy. Support groups are also available for sufferers of alcoholism and their family members or loved ones. For more information, check out these web sites:

Alcoholics Anonymous

http://www.aa.org/pages/en_US

Al-Anon (for families and friends of alcoholics)

<http://al-anon.org/?gclid=CPfY-6Lr5M8CFRdbhgodw2EGuQ>