



STARTING TOUGH CONVERSATIONS

ALCOHOL MISUSE



RECOGNIZE THE SIGNS OF ALCOHOL MISUSE

- Reduced productivity, efficiency, and concentration
- Sudden changes in appearance
- Unexplained absences
- Increased aggression
- Mood swings
- Inability to limit alcohol use

HAVE THE TALK

- Set a time and place that's private and free of distractions to talk to your Marine, family member, or friend about his or her alcohol use.
- Share the facts about low-risk drinking to encourage them to make good personal choices.
- Low-risk drinking means consuming no more than one standard drink per hour, two per day for women, and three per day for men, and 14 or fewer drinks per week.
- Low-risk choices improve well-being, readiness, and can help you achieve your fitness goals.
- Low-risk choices reduce the risk of health problems such as cancer, liver disease, sleep problems, depression, and accidental injuries.
- Discuss available resources and make a plan.

REMEMBER

The Marine Corps is a family. Follow up with your Marine, family member, or friend to ensure that he or she is safe. Ignoring the situation only gives it time to get worse. If you see someone struggling with alcohol-related issues, talk to the person and suggest they meet with a professional to get help to avoid more severe consequences.

Lead by example. Practice low-risk alcohol use especially around Marines. Be mindful of the stories you tell and the messages you give about alcohol use.

STANDARD DRINKS BY QUANTITY

BEER
ONE 12 OUNCE CAN/BOTTLE

WINE
ONE 4 OZ. GLASS

In other words, filling an 8oz. wine glass actually counts as two drinks – not one!

LIQUOR
1.5 OZ. OF 80 PROOF

SUPPORT AND RESOURCES

The Substance Assessment and Counseling Center (SACC) provides screening, assessment, early intervention, education, case management, and non-medical counseling services. Visit www.usmc-mccs.org for SACC contact information by installation. Additional resources include www.militaryonesource.mil and www.ownyourlimits.org.