

How to Get



If you or a friend drinks carelessly, or has a drinking problem, getting help is the best way to handle it.

The ATOD Program at IUP is offered to students as a confidential and non-judgmental way to become a more responsible drinker or to decrease drinking habits.

Alcohol, Tobacco, and Other Drugs Program

Center for Health and Well-Being

Suites on Maple East room G57

724-357-1265

ATOD-OASIS@iup.edu

Just because you are getting help does not mean that you are an alcoholic, it means that you are being responsible.

Other Resources:

The Open Door

The Atrium-2nd Floor

665 Philadelphia Street

724-465-2605

24/7 Crisis Intervention:

1-877-333-2470

The Counseling Center

Center for Health and Well-Being

Suites on Maple East room G-31

724-357-2621

You don't have to be an alcoholic to have a drinking problem.

(And you don't have to be desperate to do something about it.)

Problem Drinking



Brought to you by:
Alcohol, Tobacco, and Other Drugs Program
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www.iup.edu/atod

How do I know if I have a problem?

Having the facts is only part of making careful decisions about alcohol use. Analyze your attitudes and behavior by answering the following self-assessment questions.

- Are you able to stop drinking after a certain number of drinks?
- Do you often forget what happened while you were drinking?
- Do you drink or “party” alone?
- Have you destroyed or damaged property while drinking?
- Have you done or said anything while drinking that you later regretted?
- Have you ever missed classes because you were too hungover in time to get up?
- Have you ever done poorly on an exam or assignment because of drinking?
- Do you think about drinking a lot?
- Do you feel guilty or self-conscious about your drinking habits?
- Have you dropped or chosen friends based on their drinking habits?
- Have others criticized your alcohol use?



If you answered “yes” to three or more of these questions, or if your answer to any of these questions concerns you, you may be using alcohol in ways that are harmful. Do not waste your time on blaming yourself for past binges or any other alcohol-related behavior. If you think you have or might be developing problems in which drinking plays a part, act now.

A **drinking problem** can take a lot of forms and usually develops **long before** we identify someone as an alcoholic.

The signs of a **drinking problem** may be fuzzier, but they’re just as real—and potentially disastrous—as **alcoholism**. And they often go unrecognized.

Many people who may never become alcoholics experience all kinds of life problems that stem from drinking too much.

The people whose lives they touch—family, friends, and co-workers—often get hit by the fallout.

What is a Problem Drinker?

There are 3 common types of drinkers, which one best fits your drinking habits?

Social Drinker

- Drinks slowly
- Knows when to stop drinking (does not get drunk)
- Eats before or while drinking
- Never drives after drinking
- Respects nondrinkers
- Knows and obeys laws related to drinking

Problem Drinker

- Drinks to get drunk
- Tries to solve problems with drinking
- Experiences changes in personality when drinking
- Causes other problems—harms himself or herself, family, friends, and strangers
- Needs “liquid courage” before parties or dates
- Drinks when he/she should not—before driving, going to class, or work

Alcoholic

- Spends lots of time thinking about drinking and planning where and when to get the next drink
- Keeps bottles hidden for quick pick-me-ups
- Starts drinking without conscious planning and loses awareness of the amount consumed
- Drinks alone
- Needs to drink before facing a stressful situation
- May have frequent “blackouts”
- Has major problems from drinking behavior—with the police, employer, friends, or family



Ways to Reduce Your Risk

The best way to stay in control in any situation is not to drink. But if you choose to drink:

- Limit the amount you drink
- Sip drinks slowly
- Eat before and while drinking
- Avoid salty foods (such as peanuts or popcorn) that make you more thirsty
- Drink diluted alcoholic beverages—beer, wine, and mixed drinks—rather than “straight shots”
- Avoid carbonated mixers or sparkling wines—they speed up alcohol absorption
- Use a buddy system
- Avoid “spiked” punch and other drinks containing unknown amounts of alcohol
- Keep track of your BAC
- Avoid pre-gaming, chugging, gulping or slamming drinks