

COMMUNITY HEALTH EDUCATION RESOURCES APRIL 2024

APRIL ALCOHOL AWARENESS MONTH

April is Alcohol Awareness Month, a time to raise awareness and understanding of alcohol abuse. Over time, excessive alcohol consumption can lead to the development of chronic diseases and other serious issues that affect your quality of life, physical and mental health.

Have a loved one who is struggling with alcohol use? Prepare to have these difficult conversations.

- Before you talk, take some time to accept your own feelings. It's normal to feel nervous or upset.
- Practice what you'll say. Try writing a script or roleplaying the conversation with a friend ahead of time.
- Plan to keep it brief. Try focusing on just 1 change that could help your loved one.

Keep it Positive:

- Use positive language and avoid judging. Instead of “I wish you wouldn't drink every night,” try “How about trying a few alcohol-free nights each week?”
- Focus on the benefits of making a change. For example, you can say: “It would be great to spend more time together as a family.”
- Emphasize that quitting drinking or drinking less is possible. You can say: “Lots of people have struggled with alcohol. You're not alone, and it can get better.”

WEBINARS/ EDUCATIONAL VIDEOS

- **April 17th:** [Need a Realistic Guide to Working from Home?](#)