



It's Time to Talk About Alcohol Use

It can be hard to talk about alcohol use. Talking about it shows that you care and may make a big difference in someone's life. Here are some tips to start that conversation.

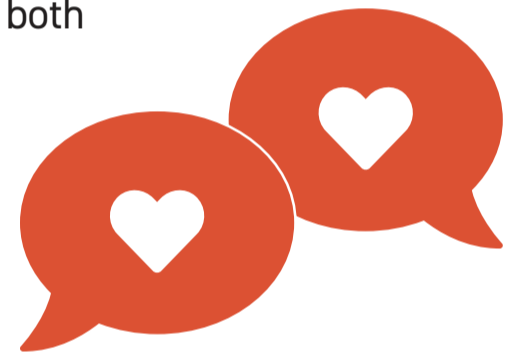


Think about your own alcohol use. Ask yourself:

- ❓ How do you feel about using alcohol?
- ❓ What does drinking do to your body?
- ❓ Do you feel like you want to cut back or quit drinking alcohol?

How can you talk to someone about their alcohol use?

- ✔ Choose a good time to talk. Find a quiet, private place and when both people have time to reflect
- ✔ Let the other person know that you care and are concerned
- ✔ Be curious and hold back feelings of judgement
- ✔ Listen to the other person's point of view
- ✔ Share information about alcohol with them



In 2020,

584 Mainers died from alcohol-related causes,

an increase of ↑28% from 2019*

*Source, <https://www.maineoew.com/alcohol-1>



Where do you start?

Learn more about the effects of alcohol.

www.lunderdineen.org/time-to-ask-unhealthy-alcohol-use/

Time to Ask is an education program in Maine that helps doctors and their teams talk to patients about alcohol use. Look for more information about Time to Ask in the next issue. Learn more at www.lunderdineen.org/program/alcohol-use-time-to-ask/