

Are you worried about your drinking?

Drinking excessive amounts of alcohol can be harmful to your health. How it affects you is individual and varies from person to person.

The following points are common signs that you might need to revise your alcohol habits.

- √ You need to drink more to achieve the same effect as before
- √ Your desire for alcohol is easily stimulated – you plan to drink just a little, but often end up drinking too much
- √ You start drinking at home before going to a party, just to make sure you'll get enough
- √ You're considering to have an alcohol free week
- √ You talk about giving up drinking altogether - not now, but sometime later when the time is right
- √ You can't admit how much you've been drinking, not even to yourself
- √ You hide your drinking from others
- √ You take larger drinks
- √ You suddenly realize that your drinking is affecting your financial situation
- √ You frequently make up excuses to drink

Are you concerned about your own or someone else's drinking habits?
There is help. Call Alkohollinjen 020-84 44 48, or contact your local health center.