

Signs of Possible Alcohol Abuse

- ❑ **Getting drunk often.**
- ❑ **Lying about how much or how often.**
- ❑ **Constantly talking about drinking.**
- ❑ **Believe they need to drink to have fun.**
- ❑ **Have legal problems: arrests for DUI**
- ❑ **Problems at school or work.**
- ❑ **Taking risks: legal, sexual, driving.**
- ❑ **Avoiding you/others to get drunk.**

Many of the signs of alcohol abuse, such as sudden changes in mood, difficulty getting along with others, poor job or school performance, irritability, and depression might be explained by other causes. Unless you observe excessive drinking, it can be hard to determine the cause of these problems. Your first step is to contact a qualified substance abuse professional in your area who can give you further advice.