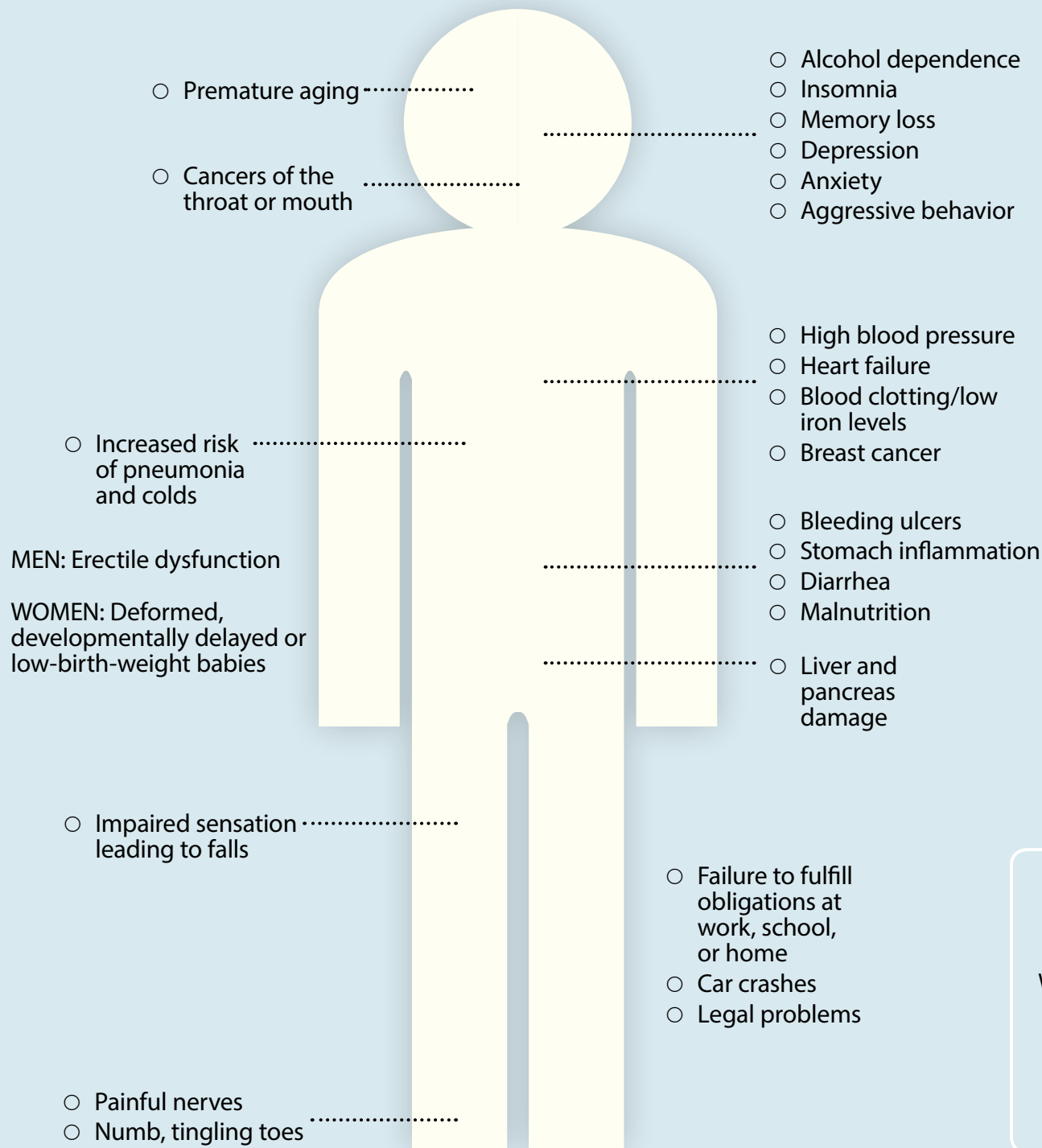


# Alcohol *know the facts*

## What are the risks of drinking too much?



**Need help?**  
 For free referrals and emotional support:  
 Washington Recovery Help Line  
 1-866-789-1511  
 Teen Link  
 1-866-833-6546

## What is a standard drink?



## Low-risk drinking guidelines

		Per Day	Per Week
Men		4	14
Women		3	7
All 66+		3	7

- If you drink more than this, ask your doctor about ways to cut down.
- Avoid alcohol if pregnant or under 21.

**How does your use affect you?**  
 Check yourself at [www.alcoholscreening.org](http://www.alcoholscreening.org)

Washington Recovery Help Line  
 24-Hr Help for Substance Abuse, Problem Gambling & Mental Health  
 866-789-1511  
[www.waRecoveryHelpLine.org](http://www.waRecoveryHelpLine.org)

wasbirt  
[www.dshs.wa.gov/wasbirt](http://www.dshs.wa.gov/wasbirt)

Washington State Health Care Authority