

RETHINKING DRINKING

This Alcohol Awareness Month is a perfect time to reflect on your patterns of drinking.

The **National Institute of Alcohol Abuse and Alcoholism** (NIAAA) offers a wealth of science-based resources about alcohol. We encourage you to visit the site to access the following tools.

VISIT THE FOLLOWING PAGES FOR HELPFUL INFORMATION

- ❖ **Rethinking Drinking** for tools, calculators, helpful links, and Q&A
- ❖ **Short Takes Video Series** for quick educational clips
- ❖ **Treatment Navigator** for those looking for treatment options
- ❖ **Webpages** on various alcohol related education and information
- ❖ **Help links**, including lists of support groups to increase recovery success

DO YOU NEED HELP CUTTING BACK?

If you feel like you want to make some changes to your alcohol intake and could use some extra support, reach out to your Employee Assistance Program (EAP). You have access to no-cost counseling sessions through your EAP.

Don't delay - reach out today.

 **Kepro® | Employee Assistance Program**

Kepro, Your Employee Assistance Program

Your employer has arranged for you to access confidential counseling services, and much more through Kepro, a nationwide provider of quality wellness services.

Reach out today to speak with a master's level counselor 24/7 to learn more.

