



ALWAYS DRINK RESPONSIBLY

A MESSAGE FROM YOUR JBLM DPFRR
RISK REDUCTION PROGRAM



USE ISN'T ALWAYS ABUSE



An addiction to alcohol can start quickly, or build over time.
How do you know if drinking is becoming a problem?



BINGE DRINKING

The Substance Abuse and Mental Health Services Administration defines binge drinking as 5 or more alcoholic drinks for males or 4 or more alcoholic drinks for females on the same occasion (i.e., at the same time or within a couple of hours of each other) on at least 1 day in the past month.

WHAT IS "HEAVY USE"

DRINKS PER	MEN	WOMEN
DAY	4	3
WEEK	14	7

OR Binge drinking 5 or more days in the previous month

Are you or others concerned about your high risk drinking or substance use?



Email us to enroll in Prime for Life at usarmy.jblm.imcom.list.dpfr-risk-reduction@mail.mil

Visit us online at jblmdpfr.com
Follow us on social media at @JBLMDFPR