

Resources on Campus:

Student Counselling Centre _____ ext. 4616
Rm 293 CAWSC

Student Health Services _____ 973-7002
Rm 242 CAWSC

A.A. meetings on campus (check at CAW Student
Centre Desk for times ext.7024)

In Windsor:

Essex County Addiction Assessment Referral Service

Windsor Regional Hospital (Western) _____ 257-5125

Teen Health Centre, Substance Abuse Counsellor

(under 24 yrs.) 1585 Ouellette _____ 253-8481

Centre for Addiction and Mental Health

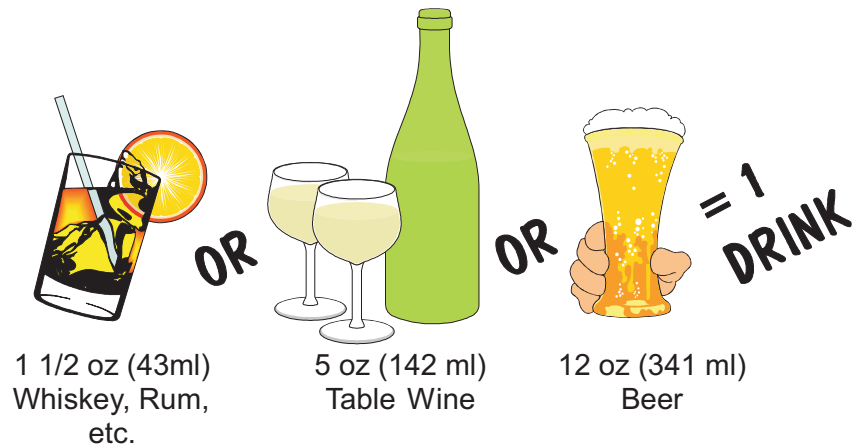
(info, flyers, videos) _____ 1-800-463-6273

Drug & Alcohol Info Line _____ 1-800-463-6273



STUDENT HEALTH SERVICES
www.uwindsor.ca/health

Are you at Risk FOR Developing A Drinking Problem?



You are "At Risk" if:

Men:

have more than 12 drinks/week
have more than 4 drinks/occasion

Women:

have more than 9 drinks/week
have more than 3 drinks/occasion

September 2008

Who has a Problem?

One thing you cannot do when talking about alcohol is generalize. One person's social drinking is another person's problem. The distinction is:

if someone is having a problem in their life as a result of drinking—they have a problem.

If you answered yes to three or more of these questions OR if the answer to any of these questions concerns you, you may be using alcohol in ways that are harmful. If you think you have or might be developing problems in which drinking plays a part, act now. You can get help.

Did you know . . . ?

1. Food slows down the rate at which alcohol is absorbed.
2. The amount of alcohol in your blood is influenced by how fast you drink.
3. Once you're drunk, the only remedy is time.
4. Throwing up after drinking can be dangerous if you've been smoking marijuana. "Grass" numbs the gag reflex so a person can suffocate on their own vomit. Don't let a friend "hurl" alone.
5. Students commonly drink alcohol in connection with sexual activity. Negotiation, communication, and protection skills are impaired under the influence of alcohol or recreational drugs. Keep alcohol out of sexual situations and plan in advance:
 - ➔ Allow one hour for one drink.
 - ➔ Know your limit and stick to it.
 - ➔ Eat first and eat while drinking.
 - ➔ Avoid buying "rounds".
 - ➔ Drink 'light' beer or 1/2 shots.
 - ➔ Plan your way home before drinking.
 - ➔ Carry a condom.

Thinking About Your Drinking

YES	NO	
		Have you cut afternoon classes so that you could go to happy hour?
		Have you missed morning classes because of a hangover?
		Have you received a poor grade on an exam or paper because you were out drinking the night before?
		Have you ever drunk before going to class or before a test?
		Does drinking interfere with your ability to get school work done on time?
		Have your family or friends complained about your drinking, or suggested that you cut down on your drinking?
		After drinking, have you ever engaged in sex that you were later sorry for or embarrassed about?
		Before going out with a boy/girlfriend, do you drink to steady your nerves?
		Have you ever passed out from drinking?
		Do you sometimes stay home and drink instead of going out to meet with friends?
		Have you lost any friends following an incident that occurred while you were drinking?
		Do you act more quarrelsome or angry after a few drinks?
		Do you feel guilty about your drinking?
		Have you every injured yourself while drinking?
		Have you every found that you could not remember what you did the night before when you were drinking?
		Do you drink when you feel lonely or depressed?
		Do you drink after blowing an exam or after other disappointments?
		Have you ever developed a sexually transmitted disease because of a decision to have sex after drinking?
		Do you drive a car when you know you have had too much to drink?
		Have you run out of money in the past because you spent too much on beer, wine, or liquor?
		Have you gotten into trouble with the police and/or University officials because of your behavior after drinking?
		Have you ever damaged property after drinking?
		Have you every gotten into trouble at work or lost a job because of your drinking?