

# Alcohol: Use Responsibly



If you plan to use alcohol, make choices to reduce the risks.



## TAKE CARE OF YOUR MENTAL HEALTH

- Stay connected to family, friends, & your community.
- Enjoy healthy foods, be active, & take time to rest.
- Enjoy alcohol-free activities & hobbies.



## BE SAFE AT HOME

- Avoid stocking up on alcohol.
- Store safely, away from children & youth.
- Talk often to youth about alcohol & safer use.



## THINK AHEAD

- Know your limit & stick to it.
- Plan a safe ride home or stay the night.
- Mixing alcohol with other drugs can be harmful.



## KEEP TRACK

- Keep track of how often & how much you are drinking.
- Be honest with yourself & others.
- Size matters. Learn more: [Canada's Low-Risk Alcohol Use Guidelines](#).
- Take breaks or 'days off' from alcohol.
- Check your habits at [CheckItOutNL.ca](#) - try a [Self-Screening](#).



## STAY ALCOHOL-FREE WHEN...

- Responsible for the safety of others.
- Driving a motorized/recreational vehicle.
- Pregnant/planning to become pregnant.
- Taking medicine/other drugs that may interact with alcohol.

YOU ARE NOT ALONE. WE'RE HERE TO HELP.



Rapid access to mental health & addictions counselling 'one session at a time'. Find a location, visit the Service Directory on [Bridgethegapp.ca](#) or call 811.

Bridge  the gapp.ca

Your go-to website for mental health information, online programs, & connection to local supports & services.