



Support is available for alcohol addiction



Whether you're concerned about yourself or a loved one's alcohol use, you and covered family members have access to resources that may help you learn ways to cope.

Alcohol use is on the rise

Some people may have felt more stress and anxiety than usual throughout the COVID-19 pandemic. One study found that adults were drinking 14% more¹ in the summer of 2020 than they were the previous summer. The study also found that 1 in 4 people were binge drinking at least once a week. For men, binge drinking means having 5 drinks in one sitting. For women, it's 4 drinks.¹

Coping with stress in healthier ways

It's a common misconception that alcohol can help bring anxiety down. Drinking tends to worsen mental health challenges—and it may lead to other short-term and long-term health challenges. That's why it's so important to find healthier ways to cope.

Eating more nutritious foods, getting enough sleep and keeping physically active may boost physical and mental health. While it may be hard to make changes to new or old drinking habits, learning more about recovery may be a good first step.

Alcohol is the third leading preventable cause of death in the U.S.²

50%

of those deaths are caused by the chronic impact of using alcohol, including certain types of cancer, stroke, liver disease and heart disease²

Hope and healing may be a phone call away

To connect with specialists trained in addressing substance use disorders, call the Substance Use Disorder Helpline at 1-855-780-5955. It's confidential and available 24/7.

If you or someone you know are experiencing thoughts of suicide or something else that is urgent or an emergency, call 911 or the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).



Find a provider

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¹ Pollard MS, Tucker JS, Green Jr HD. Changes in Adult Alcohol Use and Consequences During the COVID-19 Pandemic in the US. JAMA Network Open. Research Letter. Sept. 29, 2020. jamanetwork.com/journals/jamanetworkopen/fullarticle/2770975?resultClick=1. Accessed June 2021.

² National Institute on Alcohol Abuse and Alcoholism. Alcohol Facts and Statistics. Updated June 2021. www.niaaa.nih.gov/publications/brochures-and-fact-sheets/alcohol-facts-and-statistics. Accessed June 2021.

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