

# Now's the time to talk about alcohol use.

Your mental health  
is just as important as  
your physical health.

Know the signs >

HIDING YOUR  
DRINKING  
HABITS.

GUILTY FEELINGS,  
SELF-DESTRUCTION,

IRRITABLE,  
RESENTFUL,

UNREASONABLE  
BLACKOUTS

NAUSEA

TROUBLE  
SLEEPING.

HANGOVERS

CAN'T STOP

