learntolive

April is Alcohol Awareness Month

National Alcohol Awareness Month is a good time to remind ourselves that in the United States substance use problems are more common than heart disease, diabetes, and cancer. About 15 million people struggle with issues related to alcohol use alone.[1] Despite its prevalence, we still hold onto several myths regarding alcohol use:

Myth #1 is that **addiction is a choice**. The reality is that alcohol most often starts as occasional use, but for some people regular use can lead to more harmful behavior. People typically start using **to feel good** or **to feel better**. The problems usually begin later.

Myth #2 is that somehow **our substance use is the result of a character flaw**. People often start to drink to be social or to deal with pain and stress, but use can increase over time. Trouble can come when we start to experience overwhelming cravings for alcohol and its effect. This can lead to losing control over use.

Myth #3 is that **we have to hit rock bottom before we can make a change**. The truth is that we can make a change at any point. The key is to understand how alcohol is affecting our lives and to find the motivation to make a change. Social and heavy drinkers alike can benefit from a more thoughtful approach to their use.

Not sure if alcohol is an issue for you? Take our confidential assessment to see whether you might benefit from the thinking strategies and coping skills in our Substance Use Program.

Help is just a click away.
Learn to Live offers support for you and your family members (age 13+) free of charge all year long. Take a confidential assessment, start a self-paced CBT program for Stress, Anxiety & Worry, Depression, Social Anxiety, Substance Use, or Insomnia—and even connect with a coach.

Visit learntolive.com/partners and use the code **INTACT1** to get started. If you're already a member, simply sign-in with your username and password.

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[1] Alcohol Use Disorder, National Institute on Alcohol Abuse and Alcoholism. Accessed March 20, 2021

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