

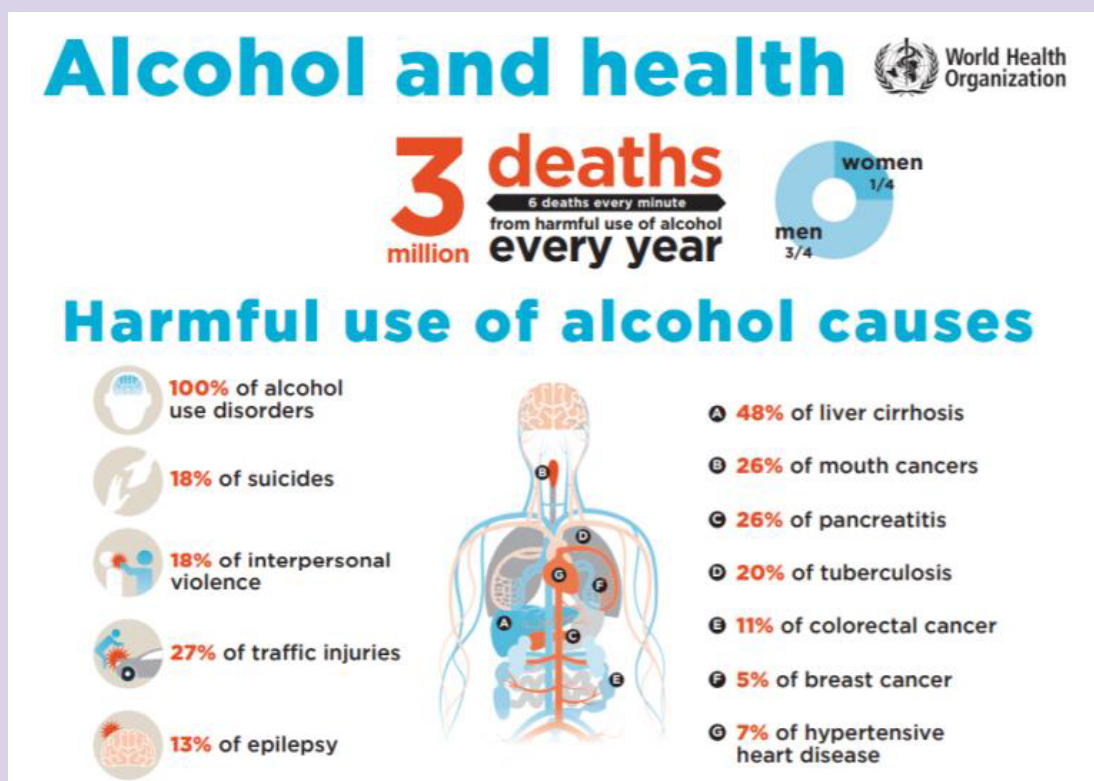
ALCOHOL USE DISORDER

Alcohol Use Disorder (AUD) is characterized by a pattern of experiencing difficulty in controlling your drinking, feeling preoccupied with alcohol and continuing to drink even though it creates major problems in your life and the lives of those around you

[\(The Mayo Clinic\).](#)



Alcohol Use Disorder is a chronic health condition that is treatable with the potential of full recovery (Canadian Alcohol Use Disorder Society). However, there are 25 chronic diseases and conditions that are attributable to AUD including increased risk for certain cancers, cardiovascular and digestive diseases (Shield et al., 2013).



Two of the main indicators of alcohol-dependence are tolerance (the need to drink more to achieve the same “high”) and withdrawal symptoms (nausea, sweating, tremors, irritability, restlessness, hallucinations and convulsions) (American Psychological Association)

LEARN MORE ABOUT ALCOHOL USE DISORDER

Did you know?

<https://static1.squarespace.com/static/5f7513577ec8ef6141ffd3d4/t/60ae8c0a9dbaab748e3ab841/1622051850270/Did+you+know+facts+poster.pdf>

Canada's Guidance on Alcohol & Health: Why drinking less is better

<https://ccsa.ca/sites/default/files/2023-01/CGAH-Drinking-Less-is-Better-en%20%28ID%2050809%29.pdf>

<https://www.healthlinkbc.ca/mental-health-substance-use/substance-use/alcohol-use>

The Connection between Depression, Anxiety & Alcohol

<https://www.heretohelp.bc.ca/sites/default/files/depression-anxiety-alcohol-and-other-drugs-2018.pdf>

It is important to recognize the various stages of substance-use and pay attention to its role in your life

| Non-use | Experimental Use | Social or recreational use | Regular Use | Problematic Use |
|-----------------------------|---|---|--|---|
| Not using substances at all | The person tries substances for the first few times | The person seeks out and uses a substance for a social occasion | Substance use has become a regular part of the person's life | Use of substances has a negative impact on the person's daily life and may be affecting their physical and/or mental health |

SUPPORT FOR FAMILY & CAREGIVERS

Resources for families affected by substance use:

<https://www.interiorhealth.ca/sites/default/files/2021-11/Resources%20for%20Families%20Affected%20by%20Substance%20Use.pdf>

Al-Anon: Speak with people who share a common experience:

<https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>

Dealing with addiction in your family - The coping kit:

<https://www.bccsu.ca/wp-content/uploads/2018/11/Coping-Kit.pdf>

Holding Hope for Canada - Join a support group:

<https://www.holdinghopecanada.org/>



FIRST NATIONS PATIENT RESOURCES:

Westbank First Nations Health & Wellness:

<https://www.wfn.ca/programs-services/health-wellness.htm>

Supports for Mental Health & Substance Use:

<https://www.interiorhealth.ca/sites/default/files/PDFS/mental-wellness-resources-for-aboriginal-partners.pdf>

Aboriginal Drug & Alcohol Program:

<https://unfc.org/aboriginal-drug-alcohol-program>

Indigenous Harm Reduction Practices & Principles:

<https://www.fnha.ca/WellnessSite/WellnessDocuments/FNHA-Indigenous-Harm-Reduction-Principles-and-Practices-Fact-Sheet.pdf>

MANAGEMENT TOOLS & HARM REDUCTION

Safer Drinking Tips:

<https://www.heretohelp.bc.ca/sites/default/files/safer-drinking-beer-wine-and-spirits-2020.pdf>

Suggestions for Reducing, Stopping or Changing Drinking Habits:

<https://www.healthline.com/health/alcohol/say-no-to-alcohol>

<https://www.health.harvard.edu/staying-healthy/11-ways-to-curb-your-drinking>

<https://www.health.harvard.edu/staying-healthy/11-ways-to-curb-your-drinking>

Online Tools for Managing Substance Use:

<https://keltymentalhealth.ca/substance-use-and-youth>

<https://www.smartrecovery.org/>

<https://www.wellnesstogether.ca/en-ca/category/substances>

**CLICK HERE FOR A QUICK
SELF-TEST TO SEE IF YOU ARE
AT RISK OF AUD**

If you are in crisis and not able to visit or get in touch with your local Mental Health & Substance Use Centre, please contact the Interior Crisis Line Network at **1-888-353-2273** for immediate assistance.

