

## Tip Sheet: Limit my Alcohol Consumption

Problems with alcohol abuse or dependence increase your risk of developing depression. Cutting back on the amount of alcohol you consume each day can help you to feel better and more like your old self. Alcohol is also a depressant.

Graphic idea:

Display of several alcoholic beverages including a glass or bottle of beer and a glass of wine, with the words underneath: Cut back

How much alcohol I consume in a day

Amount of beer: \_\_\_\_\_ bottles or cans

Amount of wine \_\_\_\_\_ glasses or bottles

Amount of hard liquor (including gin, vodka, and all kinds of colored whiskeys: \_\_\_\_\_ glasses or bottles

How much are you willing to cut back each day?

\_\_\_\_\_ bottles or cans of beer

\_\_\_\_\_ glasses or bottles of wine

\_\_\_\_\_ glasses or bottles of hard liquor

Steps you will take to support your decision to cut back: (including telling a spouse or friend, attending AA meetings or other support group, etc)

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