

Are you or a loved one facing a problem with alcohol?

It doesn't matter your race, gender or religion. Anyone can experience a problem with alcohol. In fact, some individuals may be more prone to developing alcohol dependency due to factors such as genetics. That's why it's important to know the warning signs – so you can get help before it goes too far.

NO MATTER WHAT YOU'RE GOING THROUGH, YOU CAN ALWAYS TURN TO YOUR LIFE IOWA FOR SUPPORT.

YOUR LIFE IOWA IS HERE FOR YOU, 24/7.

When you don't know where to turn for help with a problem involving alcohol, you can always reach out to Your Life Iowa. Our compassionate professionals offer support and connect you to resources designed to get your life back on track. You can call, text or chat live with us anytime, day or night.



 **CALL:**

(855) 581-8111

 **TEXT:**

(855) 895-8398

 **CHAT:**

YourLifelowa.org

ALCOHOL



Alcohol doesn't have to control your life.





HOW DOES ALCOHOL USE AFFECT YOUR BRAIN?

When the brain is exposed to an amount of alcohol that causes structural and chemical changes to occur, alcohol use disorder can develop. What makes the use of alcohol even trickier is that there's no way to know how much alcohol use may cause or trigger an alcohol use disorder – because it's different for every person.

Alcohol has a sedative effect on the brain and can cause bodily systems to shut down. The structural and chemical changes that occur in the brain cause the pleasure-seeking part to override the rest. This is why people with an alcohol use disorder feel compelled to use more, even if it causes harm.

ALCOHOL

⚠ LOOK FOR THESE WARNING SIGNS.

There are many different signs that can indicate someone may be experiencing a problem with alcohol, but here are a few of the most common.

- Having the smell of alcohol on the breath, slurred speech, lack of coordination, nausea or vomiting, hangovers
- Experiencing memory loss or blackouts
- Having accidents or injuries while drinking
- Drinking even though there are physical conditions that can be worsened by drinking
- Continuing to drink although it's interfering with work, school or other activities
- Using alcohol despite knowing he or she will be driving, boating or doing something else that would be illegal if impaired

If you or someone you know exhibits any of the warning signs above, it's time to talk to someone who can help.

Recovery is possible.

All across Iowa, people are recovering from problems related to the use of alcohol. And you can, too. Getting help is one of the best things you can do for your relationships, work or school and all other aspects of your life. You don't have to do it alone.

ENCOURAGEMENT. ONE TEXT AT A TIME.

We all need encouragement every now and then. When you sign up for Your Life Iowa's texting program, you'll receive messages designed to provide support, no matter what challenge you're facing.

Sign up at YourLifeIowa.support.

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