

# PROVIDER HEALTH EDUCATION & RESOURCES

## APRIL 2025

### April Alcohol Awareness Month

What is alcohol use disorder?

If drinking causes problems in your life, you may have alcohol use disorder (also called alcoholism).

You may have alcohol use disorder if any of these things are true:

- You can't control how much or how often you drink
- You need to drink more and more to feel the effects
- You feel anxious, irritable, or stressed when you aren't drinking
- You find yourself thinking a lot about when you can drink next
- Alcohol is causing problems with your work, relationships, or health

Certain health problems — like depression or anxiety, sleep problems, and chronic pain — can put you at a higher risk for alcohol use disorder.

Talk with your doctor right away if you have signs of alcohol use disorder — even if you don't think they're causing any problems in your life. There are treatments that can help.

Find healthy ways to manage stress.

If you have a bad day or are feeling angry, don't reach for a drink. Try taking a walk, calling a friend, or seeing a movie

Education link: [What Are the Symptoms of Alcohol Use Disorder \(AUD\)? - Rethinking Drinking | NIAAA](#)  
[Manage Stress - MyHealthfinder | odphp.health.gov](#)

