

There is somewhere to turn for help with a drinking problem



Outpouring of support ...

Have you or someone you know ever felt you should cut down on your drinking? If so, it's possibly a sign of a drinking problem. Alcohol abuse can lead to brain damage, heart failure, irregular heartbeat, high blood pressure and stroke, and can contribute to impotence.

If you think you have a drinking problem or know someone else who does, you can get help from the following resources:

- Al-anon/Alateen
- Alcoholics Anonymous (AA)
- National Association for Children of Alcoholics (NACOA)
- National Clearinghouse for Alcohol and Drug Information (NACADI)

If alcohol is a problem, see a doctor or other health care provider right away. And find additional support from *Ask A Life Coach*, a feature of the Personal Health Manager available through Blue Access® for Members.



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Source: U.S. Department of Health
and Human Services

47902.0507TX