

CELEBRATE SAFELY THIS HOLIDAY SEASON



Many of us look forward to celebrations during the holidays, yet it is also a time when some drink alcohol.



Remember the following tips:

- Pay attention to stress levels
- Designate a driver
- Attend parties with a trusted friend
- Wear layers or warm clothing
- Create a plan if you plan to drink alcohol or use substances
- Drink water and eat before drinking alcohol or using substances
- Call or text 988 if you need support

To learn more about alcohol's effects on health, visit:
shorturl.at/Lvyih

